

Aromatic Medicine

In Aromatic Medicine, we recognize that there are many bio-systems in the body, and that each one represents an opportunity to use Essential Oils to correct, regulate, or bring balance to the affected bio-system. We know that Essential Oils are adaptogens and they have the ability to resonate and communicate information to the body.

The body has the ability to exchange information with the Essential Oil molecules which allow them to go to the area of the body where they are needed and to exert their influence there. This includes the limbic system of our brain, where our memories are stored. The limbic system is referred to as the “emotional brain”. It’s responsible for the perception of odor, sensations of pleasure and pain, and emotions like rage, fear, sadness, and sexual feelings.

The limbic system is directly connected to those parts of the brain that control heart rate, blood pressure, breathing, memory, stress levels, and hormone balance. (Higley & Higley, 1998)

Scientists now understand that memories are also retained at the cellular level and Essential Oils have a unique ability to penetrate and oxygenate cells. Essential Oils can clear the “fight or flight” sympathetic nervous system response of traumatic memories while encouraging a calm, relaxed parasympathetic response.

One drop of a pure Essential Oil contains approximately 40 million-trillion molecules. Considering that it only takes one molecule of the right kind to open a receptor site and communicate with the DNA to alter cellular function, you can see why even a small amount of oil can have profound effects on the body, brain, and emotions. This relationship helps explain why smells often trigger emotions. Knowing this, we can hypothesize how the use of Essential Oils can have some very profound physiological and psychological effects. Of our seven senses, smell is the only one wired directly to the brain!

Essential Oils can shift unconscious beliefs, emotions, and patterning - instantaneously in most cases, or soon after with repeated daily use - because the chemical constituents of pure Essential Oils, primarily Sesquiterpenes, can not only release emotions and patterning on a cellular level stored anywhere in the body, but can also help to re-anchor new healthy patterning on a DNA level. Furthermore, Essential Oils are the only natural substance that can cross the blood-brain barrier and enter the limbic system or the emotional brain.

your body & applied kinesiology

Applied Kinesiology is the medical science of energy balancing, grounded in the study of anatomy and physiology. Applied Kinesiology recognises there are flows of energy within the body that relate not only to the muscles, but to every part of the bio-systems which make the body a living, feeling being.

Our body has the ability for innate healing, and is at all times doing its best to care for itself; always knowing what it needs both physically and emotionally. Applied Kinesiology uses muscle testing to help identify imbalances in the body’s structural, chemical, emotional, or other energy in order to establish the body’s healing needs. Using Applied Kinesiology allows our body to choose which Essential Oils it needs at that time.

kindred essences & the circle of vitality

The Circle is an ancient symbol that can be found throughout the world’s indigenous cultures. It expresses the cycles of nature and man and the rhythm and seasons of the Earth. Sometimes represented as a ‘medicine wheel’, ‘circle of life’, or ‘web of life’. Each culture views their circle from a slightly different perspective, but each has a common understanding that the circle is a map of the balance, harmony, and cycles of nature. For thousands of years the indigenous peoples understood another way of looking at the world, a view that sees all living things as connected, each an integral part of a larger whole, each a part of the mystery we call life.

The Circle of Vitality is a model and guide of what human beings could become if they were to develop their individual potential at each direction of the circle and become whole. The object of the truth teaching that the Circle of Vitality represents is to be able to travel the entire Circle, learning the positive expressions of the of the gifts and lessons each Kindred Essence animal has to offer.

sesquiterpenes

Sesquiterpenes are compounds of three isoprene units, which is fifteen carbons and twenty-four hydrogens per molecule - molecular weight 204 amu.

There are more than 10,000 kinds of sesquiterpenes. Sesquiterpenes are the principal constituents of Cedarwood, Vetiver, Spikenard, Sandalwood, Black Pepper, Patchouli, Myrrh, and Ginger. They are also found in Galbanum and Frankincense.

Sesquiterpene molecules deliver oxygen molecules to cells, like hemoglobin does in the blood. Sesquiterpenes can also erase or deprogram miswritten codes in the DNA.

The American Medical Association (AMA) has said that if they could find an agent that would pass the blood-brain barrier, they would be able to find cures for many ailments. Such agents already exist and have been available since Biblical times. The agents, of course, are Essential Oils; particularly those containing the brain oxygenating molecules of Sesquiterpenes.

kindred animal essences

Animals are born with a deep connection to the Earth and the rhythms of life. They have no hidden agendas, no greed and they don't lie. They do, however, have characteristics, qualities, skills, and talents that can serve, teach, and tutor humanity. As such, they are perfect guides for our own journey, reminding us of the ancient wisdom we have lost.

Our Kindred Animal Essences demonstrate potential characteristics, qualities, talents, abilities, or strengths that constitute an expression of our own personality. The animal world shows us the potentials that lie within us. Some animals are excellent parents and nurturers, teaching us patience, respect, love, and loyalty. Others are great protectors and show us how to have courage and overcome fear. While some are teachers of fun and play, reminding us of the needs of the child within.

Each animal is a teacher with a lesson to share, sitting at its most energetically compatible position on the Circle of Vitality and waiting . . . hoping to lead the way to a reconnection with the Earth. Bonded in friendship our "Kindred Essence" animal friends can rescue us, teach us, and can be a vehicle for wisdom that will serve us. Although there are many tribes and versions of the Circle, there are universal truths represented by all. Many different cultures means we may have many different ways of looking at the Circle of Vitality. The Circle we are using follows closely with the seasons and cycles of nature and man.

east - the season of spring

Starting in the three directions representing spring; East, Northeast, and Southeast, we have the return of the sun as it rises in the East.

The color of the East is yellow, representing mental energies and left-brained, rational thought. Here we have outward flowing energy giving us illumination and freedom from limitation.

In the Spring we experience the energy of discovery, birth of new projects, and the planting of seeds, taking root, and flowering. This is the period of the natural cycle of the Earth when the energy to initiate and start-up, or start over is naturally supporting you.

All who find themselves in this life situation need to visit the East and align with, and be supported by, this energy.

kindred essences of the east

- **Northeast: Badger**
100% Pure, Certified Organic and Wildcrafted oils of Vetiver, Cinnamon Bark, Cedarwood Atlas, and Cinnamon Leaf
- **East: Cougar**
100% Pure, Certified Organic and Wildcrafted oils of Thyme ct. thymol, Tea Tree, Juniper Berry, Chamomile, roman; Bay Laurel, and Lemongrass
- **East: Eagle**
100% Pure, Certified Organic and Wildcrafted oils of Helichrysum, Myrrh, Lemongrass, Lemon, and Spearmint
- **East: Blue Jay**
100% Pure, Certified Organic and Wildcrafted oils of Peppermint, Tanacetum Annuum, Clary Sage, Elemi, Frankincense, and Sandalwood
- **Southeast: Deer**
100% Pure, Certified Organic and Wildcrafted oils of Rose, Lavender vera, Myrrh, Mandarin, Palmarosa, Ylang Ylang Complete, Geranium, rose; and Jasmine

emotional release with the circle of vitality

Choose a Circle Of Vitality blend and then muscle test **or** draw from a bag that contains the Kindred Essences. Drawing from a closed bag is a quick and easy Kinesiology protocol. After choosing a blend, read that animal's datasheet, making note of the lessons of that animal and the recommended Chakra application. While thinking about the chosen animal's lessons:

- Apply 3 drops daily, along the spinal reflex of each foot.
- Apply daily, to the recommended Chakra(s).
- Use daily according to the specific animals' data sheet.

Draw another Circle of Vitality Blend, and use in the same way, whenever you intuitively feel your body is telling you to do so. All five blends for each season can be used at one time. Each season you will want to change the Circle of Vitality blends being used.



Badger Essence

North East | Waxing Spring

The Badger is bold and ferocious; it never surrenders. With Badger Essence you can become assertive enough to take action towards change. Badger Essence gives us the gifts of boldness, positive aggression, and a willingness to fight for what we desire.

The Badger is a powerful digger and is believed to have knowledge of minerals, roots and herbs, making him a dynamic healer. He is believed to be able to see beneath the surface of situations. With Badger Essence we become self-reliant and comfortable with ourselves.

Badger Essence is a powerful force when properly used for self-improvement. It can help you be aggressive enough to make it to the top of your chosen field because you do not give up.

Badger Lessons: Assertiveness; the ability to take right action; defense of the self; strong and independent; overcoming fear; be persistent and never give up.

Too much Badger energy and a person becomes overly aggressive and a bully; uses physical force to overpower others. When Badger is out of balance, we can be vicious gossips, exhibit a “chip on the shoulder” attitude, act physically aggressive toward others, and become a bully.

Balance with the complementary opposite on the Circle of Vitality, Elk Essence.

general uses

LAYER ON HANDS OR FEET

- Use 2-4 drops on reflex points on either hands or feet.
- Use 2-4 drops on soles of feet or along the foot spinal reflex.

BATH

- Not appropriate for the bath as it may cause irritation.

INHALATION

- Not appropriate for diffusion.

MASSAGE/TOPICAL

- Apply 2-3 drops to the to the soles of the feet to access the Root Chakra and give the ability to move forward in a positive direction. **Note:** *This blend should not be applied topically without dilution.*

MISTING

- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into environment as desired. Close your eyes and mist around yourself when you feel unsure of yourself.

PERFUME & COLOGNE

- For a safe, healthier alternative to synthetic fragrances, apply and layer 2-4 drops of Essential Oils on pulse points to create your own personalized signature scent.

pregnancy

- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into environment as desired. Close your eyes and mist around yourself when you feel unsure of yourself.



Assertive; Dynamic Healer; Never Surrender

ingredients

100% Pure, Certified Organic and Wildcrafted oils of Vetiver, Cinnamon Bark, Cedarwood Atlas, and Cinnamon Leaf

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.

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

availability

5ml Bottle



QUALITY ASSURANCE

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Cougar Essence

East | Supporting Full Spring

The Cougar, as the largest cat in North America, is one of the most powerful and fastest cats, able to leap over 40 feet. With Cougar Essence, it is a time of coming into our own power, a time of trusting our intuition and instincts. Cougar can help us to develop self-motivation; to bring success and leadership into our lives. In order to own our own power, we need to know what that power is.

Young Cougars learn through trial and error how to manage their power. We must do the same; try out our skills and talents, and develop and use them to our advantage. We must stretch ourselves, leap to the next level, act aggressively, and jump on opportunities when they present themselves.

Cougar Lessons: Embodied personal power, good instincts, self-motivation, able to become a leader, develop and hone our unique abilities and gifts through trial and error, to push ourselves to the next level, ability to be quick and strong.

Too much Cougar and we would become overbearing and may exert our strength to have power over others. We may act too quickly and impulsively, without discernment, when opportunities present themselves.

Balance with the complementary opposite on the Circle of Vitality, Jaguar Essence.

general uses

LAYER ON HANDS OR FEET

- Use 2-4 drops on reflex points on either hands or feet.
- Use 2-4 drops on soles of feet or along the foot spinal reflex.

BATH

- Not appropriate for the bath as it may cause irritation.

INHALATION

- 1 to 2 drops on a tissue or cotton ball, or apply to the wrist and inhale deeply to increase your sense of personal power.
- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.

MASSAGE/TOPICAL

- Apply 2-3 drops to the Heart Chakra, our center for spiritual strength and forgiveness, to remind us to act from the heart when expressing our personal power and to not be a bully.
- Apply 2-3 drops to the Solar Plexus for strength of will and for right action of our personal power.
- Apply 2-3 drops to the soles of the feet for courage to move forward.

MISTING

- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into environment as desired. Close your eyes and mist around yourself when you need to express your personal power.

PERFUME & COLOGNE

- For a safe, healthier alternative to synthetic fragrances, apply and layer 2-4 drops of Essential Oils on pulse points to create your own personalized signature scent.

pregnancy

- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into environment as desired. Close your eyes and mist around yourself when you need to express your personal power.



**Personal Power; Leadership;
Self-motivation**

ingredients

100% Pure, Certified Organic and Wildcrafted oils of Thyme ct. thymol, Tea Tree, Juniper Berry, Chamomile, roman; Bay Laurel, and Lemongrass

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.

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.

availability

5ml Bottle



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Eagle Essence

East | Full Spring

Eagle represents the sun, masculine energy and left-brain thinking. With Eagle's great vision, he can help us sharpen our vision; focus our awareness and ability for mental perception.

Eagle Essence is full of solar energy. Eagle reminds us to be open to our freedom of spirit and to go beyond our perceived limitations and fears to develop our full potential. A great oil to use when setting goals for yourself and putting plans into action. With Eagle Essence you can set new goals, reach new heights, and follow your heart's desire

Eagle Lessons: Logical left-brained thinking; seeker of knowledge; set goals and go beyond limitations; develop leadership skills; understanding masculine energy; expresses personal freedom.

Too much Eagle energy and a person becomes freedom loving to the point of irresponsibility; ungrounded, not in touch with their feelings.

Balance with the complementary opposite on the Circle of Vitality, Bear Essence.

general uses

LAYER ON HANDS OR FEET

- Use 2-4 drops on reflex points on either hands or feet.
- Use 2-4 drops on soles of feet or along the foot spinal reflex.

BATH

- Not appropriate for the bath as it may cause irritation.

INHALATION

- 1 to 2 drops on a tissue or cotton ball, or apply to the wrist and inhale deeply when you need to increase your left-brain mental abilities.
- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.

MASSAGE/TOPICAL

- Apply 2-3 drops to the Solar Plexus, our center of will, to overcome fear, 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.

MISTING

- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into environment as desired. Close your eyes and mist around yourself to provide strength of will and overcome fear.

PERFUME & COLOGNE

- For a safe, healthier alternative to synthetic fragrances, apply and layer 2-4 drops of Essential Oils on pulse points to create your own personalized signature scent.

pregnancy

- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into environment as desired. Close your eyes and mist around yourself to provide strength of will and overcome fear.



**Personal Freedom; Heroic Nobility;
Increased Awareness; Connection to
Divine**

ingredients

100% Pure, Certified Organic and Wildcrafted oils of Helichrysum, Myrrh, Lemongass, Lemon, and Spearmint

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.

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.

availability

5ml Bottle



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Blue Jay Essence

East | Supporting Full Spring

The Blue Jay is a member of the Crow family, and is fearless and resourceful. Blue Jay carries the promise of new opportunities to develop our innate potentials and to open new depths in our abilities and power. As a result, Blue Jay teaches us we will have to learn how to make proper choices as to how we handle the responsibilities associated with our power.

Blue Jay gives the opportunity to develop our innate talents and use them to the highest good of all, or for our own benefit alone; the choice is ours.

Blue Jay Lessons: To be fearless and resourceful; opportunity to develop our innate potentials; to learn how to make proper choices and exert our power correctly; to tap our deepest levels and open us to higher knowledge; the ability to develop our great talents.

Too much Blue Jay energy and a person could use their talents and power solely for their own gain, to the detriment of others.

Balance with the complementary opposite on the Circle of Vitality, Raven Essence.

general uses

LAYER ON HANDS OR FEET

- Use 2-4 drops on reflex points on either hands or feet.
- Use 2-4 drops on soles of feet or along the foot spinal reflex.

BATH

- Add 8-10 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water, allowing yourself to be renewed with courage, honor and a sense of integrity.

INHALATION

- 1 to 2 drops on a tissue or cotton ball, or apply to the wrist and inhale deeply to calm and ground the mind and inspire clear thought.
- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.

MASSAGE/TOPICAL

- Apply 2-3 drops to the Heart Chakra, our center for spiritual strength and forgiveness, to remind us the effect our actions have on others.
- Apply 2-3 drops to the Solar Plexus, our center of will, to act from a place of clear perception and without attachment to the outcome of a situation.
- Apply 2-3 drops to the Third Eye Chakra to increase awareness of reality and receive intuitive guidance.
- Apply 2-3 drops to the Crown Chakra to be open to receiving guidance and to recognize messages when they're received rather than dismissing them as coincidence.

MISTING

- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into environment as desired. Close your eyes and mist around yourself to ground your energy and inspire clarity and courage to be a force for positive change. Mist around yourself before you make important choices to calm the emotions and give clarity to the mind.

PERFUME & COLOGNE

- For a safe, healthier alternative to synthetic fragrances, apply and layer 2-4 drops of Essential Oils on pulse points to create your own personalized signature scent.

pregnancy

- Avoid during first trimester of pregnancy.

goDésana
feel the difference

**Right use of power; Fearless;
Resourceful; Responsible**

ingredients

100% Pure, Certified Organic and Wildcrafted oils of Peppermint, Tanacetum Annuum, Clary Sage, Elemi, Frankincense, and Sandalwood

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.

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.

availability

5ml Bottle



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Deer Essence

South East | Waning Spring

With Deer Essence we heal ourselves and others through gentle love and acceptance rather than pushing or forcing change in our already stress-filled world. It is easy to become uncaring and hard on ourselves and others, overly critical and judgmental, allowing our hearts to feel no true compassion for anyone. We must follow the Deer back into the woods and reconnect with our source and the innocence we knew as children.

Deer Essence is about learning to love yourself with the same care and gentleness you show to others. If we do not learn to love and value ourselves and care for our body, then we can never truly learn to unconditionally love and care for others.

Deer Lessons: Ego-less self-love; taking care of self physically, emotionally and spiritually; giving and receiving unconditional love; example of compassionate living.

Too much Deer energy and a person becomes self-centered, narcissistic, selfish; conditional love; gives and expects something in return.

Balance with the complementary opposite on the Circle of Vitality, Wolf Essence.

general uses

LAYER ON HANDS OR FEET

- Use 2-4 drops on reflex points on either hands or feet.
- Use 2-4 drops on soles of feet or along the foot spinal reflex.

BATH

- Add 8-10 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water, allowing yourself to be surrounded by unconditional love and acceptance from the gentle Deer.

INHALATION

- 1 to 2 drops on a tissue or cotton ball, or apply to the wrist and inhale deeply to calm the heart and balance the emotions.
- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.

MASSAGE/TOPICAL

- Apply 2-3 drops to the Heart Chakra, our center for spiritual strength and forgiveness, to remind us to love unconditionally.
- Apply 2-3 drops to the Third Eye Chakra to increase creativity and receive intuitive guidance.
- Apply 2-3 drops to the Crown Chakra to be open to receiving guidance and to recognize messages when we receive them and not dismiss them as coincidence; connection to the Divine.

MISTING

- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into environment as desired. Close your eyes and mist around yourself to provide a high frequency energy that inspires unconditional love and gentleness.
- Mist around yourself before you meet with negative or combative people to calm the emotions and create an environment of peace and cooperation.

PERFUME & COLOGNE

- For a safe, healthier alternative to synthetic fragrances, apply and layer 2-4 drops of Essential Oils on pulse points to create your own personalized signature scent.

pregnancy

- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into environment as desired. Close your eyes and mist around yourself to provide a high frequency energy that inspires unconditional love and gentleness.



**Unconditional Love; Compassion,
Gentleness**

ingredients

100% Pure, Certified Organic and Wildcrafted oils of Rose, Lavender, vera; Myrrh, Mandarin, red; Palmarosa, Ylang Ylang Complete, Geranium, rose; and Jasmine

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
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10%	60 drops	1 ounce

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responsible cautions

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- Store away from sunlight, at room temperature, with lid securely tightened.

availability

5ml Bottle



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