

# 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.

## south - the season of summer

The three directions of Summer, South, South-Southeast, and South-Southwest, are representative of adolescence, maturing, and the inner child. It is the place where we learn how to live successfully.

The color of the South is red, representing the physical world. Here we learn material lessons concerning money and the accumulation of material possessions.

In the Summer we experience joy, play, and honoring the child within. Allow yourself time to enjoy your life and do not take yourself too seriously.

For those who have lost joy in their lives and need to reconnect with their inner child, or those who have never matured into productive adults, a visit to the South would provide reconnection to this essence and completion of these lessons. The South is also where we begin to solve our issues about lack of material success.

## kindred essences of the south

- **South-Southeast: Coyote**  
100% Pure, Certified Organic and Wildcrafted oils of Carrot Seed, Rosemary 1,8 cineole, Cypress, Tanacetum Annuum, Patchouli, and Sandalwood
- **South: Beaver**  
100% Pure, Certified Organic and Wildcrafted oils of Spruce, black; Ginger Root, Spikenard, Ocean Pine, Fir, balsam; and Cedarwood, atlas
- **South: Hummingbird**  
100% Pure, Certified Organic and Wildcrafted oils of Tangerine, Orange, sweet; Ginger Root, Grapefruit, pink; Jasmine, Ylang Ylang Complete, Rose, and Cinnamon Bark
- **South: Otter**  
100% Pure, Certified Organic and Wildcrafted oils of Orange, sweet; Tangerine, Grapefruit, pink; Mandarin, red; Spearmint, Rose, and Rosewood
- **South-Southwest: Squirrel**  
100% Pure, Certified Organic and Wildcrafted oils of Jasmine, Ginger, Grapefruit, pink; Tangerine, and Orange, sweet

## 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.



# Coyote Essence

## Southeast | Summer

Coyote, also known as the medicine dog, was believed to have strong power as the trickster and keeper of magic. The Coyote is such a trickster he fools himself, having developed self sabotage into an art form.

Coyote will bring to our attention where we try to fool ourselves and trick others. It also makes us aware of how others try to trick us. In order to succeed in life we need to be able to see our own acts of self-sabotage.

Coyote is a sacred teacher. He can show us how and where we keep repeating the same mistakes over and over, moving from one disaster to the next.

With Coyote we know we must take a step back, look at a situation objectively and instead of blaming others for our circumstances we need to learn from our mistakes and move forward. Coyote's true gift is the ability to recognize self-sabotage, learn from our mistakes and survive.

**Coyote Lessons:** Not to take the world and ourselves too seriously; a sense of humor; pride without vanity; ability to survive in adverse environments; to be aware of our actions and to take responsibility for the consequences of those actions.

Too much Coyote essence and a person becomes vain; does not take responsibility for their mistakes and blames them on someone else; may be deceitful; lives in denial and tricks themselves most of all.

Balance with the complementary opposite on the Circle of Vitality, Owl.

## 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 and self-acceptance from the Coyote.

### 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 to the Heart Chakra, your center for spiritual strength and forgiveness, to overcome remorse and guilt.
- Apply 2-3 drops to the Solar Plexus Chakra, our center of will, to act from a place of clear perception and without attachment to the outcome of a situation.

### 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. Mist around yourself to ground your energy and inspire self-acceptance and courage for change or before making major decisions, to calm emotions, and to give clarity to the mind.

## pregnancy

- Safe when used as directed.



**Adaptability • Survival • Self-Sabotage**

## ingredients

100% Pure, Certified Organic and Wildcrafted oils of Carrot Seed, Rosemary 1,8 cineole, Cypress, Tanacetum Annuum, Patchouli, 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](http://www.godesana.com/cautions.asp).
- Store away from sunlight, at room temperature, with lid securely tightened.

## availability

### 5ml Bottle



#### QUALITY ASSURANCE

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# Otter Essence

South | Summer

The Otter holds a set of lessons in female energy. This applies to both women and men as we all hold both feminine and masculine energy. It is the innocence of love found in a child's heart, given freely without jealousy or control.

With Otter there is only trust and openness to share, give, and receive love, and to be part of a relationship, group, or community.

The Otter, like a playful child, is symbolic of the inner child. Otter reminds us not to take ourselves too seriously and to experience as much fun and joy in living as we can.

To know how to play, to have fun, and to balance work with play is not only all right, it's necessary; experiencing joy and happiness is essential to our well-being.

Take time each day to nourish you inner child so you will feel as light-hearted as when you were young.

**Otter Lessons:** Get in touch with your inner child; balance work with play; expression of joy; develop a sense of wonder; experience happiness; optimistic viewpoint.

Too much Otter Essence and a person acts immature; too much play not enough work; a goof off; a jokester who is not sensitive to other people's feelings.

Balance with the complementary opposite on the Circle of Vitality, White Buffalo.

## 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.

### INHALATION

- 1 to 2 drops on a tissue or cotton ball, or apply to the wrist and inhale deeply as needed when feelings bogged down and depressed by too many hours of work and a lack of rest and play.
- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.

### MASSAGE/TOPICAL

- Apply 2-3 drops to the soles of the feet and run, dance, and jump around for the pure joy of it.

### 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 to feel happy, joyful, and enthusiastic.

### 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

- Safe when used as directed.

goDésana  
feel the difference

**Trust • Joy • Happiness**

## ingredients

*100% Pure, Certified Organic and Wildcrafted oils of Orange, sweet; Tangerine, Grapefruit, pink; Mandarin, red; Spearmint, Rose, 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.

## responsible cautions

- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at [www.godesana.com/cautions.asp](http://www.godesana.com/cautions.asp).
- Store away from sunlight, at room temperature, with lid securely tightened.
- Oils in this blend are phototoxic; do not expose skin to direct sunlight for 24 hours after application.

## availability

5ml Bottle



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# Beaver Essence

South | Summer

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 towards our dreams; strong sense of security; a knowing of 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 with the complementary opposite on the Circle of Vitality, Dragonfly.

## 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 soles of the feet to access the Root Chakra and give courage to move forward in a positive direction.
- Apply 2-3 drops to the Third Eye Chakra to 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 when you feel unsure of yourself and need courage to move forward in life.

## pregnancy

- Safe when used as directed.
- Not recommended for use on children under the age of 6.

goDésana  
feel the difference

**Determination • Dreams • Boundaries**

## ingredients

100% Pure, Certified Organic and Wildcrafted oils of Spruce, black; Ginger Root, Spikenard, Ocean Pine, Fir, balsam; and Cedarwood Atlas

## 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](http://www.godesana.com/cautions.asp).
- Store away from sunlight, at room temperature, with lid securely tightened.
- Not recommended for use on children under the age of 6.

## availability

5ml Bottle



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# Hummingbird Essence

South | Summer

The Hummingbird is pure joy in expression; she can fly in any direction, or hover, and has long been considered to be magical.

Hummingbird feathers were used as love charms, and Hummingbird Essence will open the heart center allowing one to experience pure bliss.

Hummingbird brings out the best in us and helps us bring joy to others.

Hummingbird overcomes harshness, discord, and disharmony.

**Hummingbird Lessons:** Overcoming the contradiction of duality; pure joy in expression.

Too much Hummingbird Essence and a person could flit around in all directions acting silly, or may appear to be insincere and superficial in expressing joyous enthusiasm.

Balance with the complementary opposite on the Circle of Vitality, Dove.

## 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. Allow yourself to be surrounded by unconditional love and pure joy from the sweet Hummingbird.

### 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 happiness and joy.
- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.

### MASSAGE/TOPICAL

- Apply 2-3 drops to the Heart Chakra your center for your center for spiritual joy, forgiveness and unconditional love.
- Apply 2-3 drops to the Third Eye Chakra to increase creativity and sense of wonder.

### 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. Mist around yourself to provide a high frequency energy that inspires happiness and joy.
- Mist around yourself before you meet with negative or combative people to dispel discord and animosity and create an environment of peace and harmony.
- Makes a great room spray as it brings the feeling of happiness and harmony to any environment.

### 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

- Not recommended for use during pregnancy.
- Not recommended in bath.
- Not recommended for use in children under the age of 10.
- Not recommended for topical use unless diluted.

goDésana  
feel the difference

Pure Joy • Harmony • Bliss

## ingredients

100% Pure, Certified Organic and Wildcrafted oils of Tangerine, Orange, sweet; Ginger Root, Grapefruit, pink; Jasmine, Ylang Ylang Complete, Rose, and Cinnamon Bark

## 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](http://www.godesana.com/cautions.asp).
- Store away from sunlight, at room temperature, with lid securely tightened.

## availability

### 5ml Bottle



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# Squirrel Essence

## Southwest | Summer

Squirrel teaches us how to plan ahead and to love ourselves enough to gather the goods, ideas, and relationships that support us and fulfill our needs.

With Squirrel we maintain the balance between gathering and giving, which is essential to the flow of energy in our lives. It lets us live beyond fear, knowing that we will always be guided to prepare ourselves and have all our needs met.

Squirrel is connected to the rhythms of the Earth and knows what he will need for the “winter times” when he will have to depend on his reserves. He gathers what he needs but not more than he needs. We also need to heed Squirrel’s lesson on gathering reserves for the future and take care to gather and reserve our energy as well.

In times of personal crisis or illness, we must call upon our energy reserves to get us through without any ill effect. We must become aware of where we are leaking energy by negative thought and worry, as well as what situations and people drain our energies leaving us unprepared to handle the stresses in our lives. Connect to the seasons and rhythms of the Earth with Squirrel and know that you are always provided for.

**Squirrel Lessons:** Feeling safe, secure and provided for; connected to a Higher Power; trusting; able to manifest what you need in the material world.

Too much Squirrel Essence and a person may become greedy, hoarding, and distrustful; insecure and afraid of losing what they have accumulated

Balance with the complementary opposite on the Circle of Vitality, Dolphin.

## 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 and soak in the warmth and joy of summer. Calming and stimulating, revives optimism.

### INHALATION

- 1 to 2 drops on a tissue or cotton ball, or apply to the wrist and inhale deeply as needed to overcome negative thinking and restore optimism.
- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.

### MASSAGE/TOPICAL

- Apply 2-3 drops to the Solar Plexus Chakra to instill determination and action to your center of willpower.
- Apply 2-3 drops to the Heart Chakra to remind us to love and care for ourselves by meeting our needs now and in the future.

### 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 to create a feel-good energy of optimism, joy, and openness to abundance.

## pregnancy

- Safe when used as directed.

goDésana  
feel the difference

**Gathering • Preparing • Saving**

## ingredients

*100% Pure, Certified Organic and Wildcrafted oils of Jasmine, Ginger, Grapefruit, pink; Tangerine, and Orange, sweet*

## 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](http://www.godesana.com/cautions.asp).
- Store away from sunlight, at room temperature, with lid securely tightened.
- Oils in this blend are phototoxic; do not expose skin to direct sunlight for 24 hours after application.

## availability

### 5ml Bottle



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