

Coyote

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 others, may be deceitful, and lives in denial and tricks themselves most of all.

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

general uses

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.

MISTING

- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into the 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.

TOPICAL

- Apply 2-3 drops to over the heart, your center for spiritual strength and forgiveness, to overcome remorse and guilt.
- Apply 2-3 drops to the lower abdomen, our center of will, to act from a place of clear perception and without attachment to the outcome of a situation.
- For a safe, healthier alternative to synthetic fragrances, apply and layer 2-4 drops on pulse points to create your own personalized scents.
- Use 2-4 drops on reflex points on either hands or feet.
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- Use 2-4 drops on soles of feet or along the foot spinal reflex.

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 the lid securely tightened.

Adaptability • Survival • Self-Sabotage

ingredients

Carrot Seed, Rosemary ct. 1,8 cineole, Cypress, Tanacetum Annuum, Patchouli, Sandalwood, Fractionated Coconut

pregnancy & children



Topical

- Infant to 3 months - not recommended
- 3 months to 3 years - not recommended
- 3 to 5 years - 3 drops in 10 ml carrier oil*
- 5 to 10 years - 6 drops in 10 ml carrier oil*
- Pregnancy - Safe when used as directed starting in the 2nd trimester at 3% dilution (15drops/1 ounce)*

Bath

- Infant to 3 months - not recommended
- 3 months to 3 years - not recommended
- 3 to 5 years - 3 drops in ¼ cup Pink Himalayan Salt
- 5 to 10 years - 6 drops in ¼ cup Pink Himalayan salt or Clay Vitality
- Pregnancy - safe when used as directed starting in the 2nd trimester

availability

5ml Bottle



STANDARDS OF QUALITY

All ingredients in goDesana Organics 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.