



RE-STORE

verb  
to put or bring (something) back into  
existence or use

DISPEL SICKNESS. RESTORE BALANCE.

Dispel Sickness contains Essential Oils that are known to be antibacterial and antiviral when diffused into the air. It can cleanse the air and help prevent cross infection as well as removing the energy of hypochondria. This blend works best in a diffuser, but can also be used as a misting spray.

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Thyme ct. linalool, Ocean Pine, Eucalyptus Globulus, Tea Tree, Lemon, and Jojoba

All of us are familiar with the change in our bodies after a severe flu, broken limb, or difficult surgery. No matter what the issue, the antidote to sickness is wellness, both physically and emotionally. Regardless of what the day brings you... rushing around your home, at the office, through the supermarket, or in and out of appointments and vehicles... you can Restore Balance after an illness, or best of all, before an illness occurs. Restore Balance is the perfect Essential Oil to introduce into your daily routine.

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Ravensara, Eucalyptus Radiata, Palmarosa, Thyme ct. linalool, and Niaouli

DISPEL SUPERIORITY. RESTORE HUMILITY.

Individuals with a sense of superiority typically maintain a feeling that they are better or more important than others and have a general disregard for the thoughts and feelings of others. Those with a sense of superiority often lack empathy and frequently have a difficult time maintaining close relationships. Dispel Superiority helps those individuals balance a healthy feeling of self-worth with empathy and compassion for others.

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Patchouli, Marjoram, sweet; Grapefruit, pink; Ylang Ylang Complete, Clary Sage, Sandalwood, Lavender, fine; Peppermint, Tanacetum Annuum, Frankincense, Elemi, Bergamot, Cypress, Cedarwood, atlas; Juniper Berry, Benzoin Absolute, and Jojoba

Leadership requires us to be a servant to others with strength and sincerity. Restore Humility shows us how to express strength without ego. Humble leaders know the balance between being gentle and remaining strong. Use before meeting with others to develop your humble servant leadership within. Restore Humility helps us to understand that our purpose is bigger, and will last longer, than us.

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Rosemary ct. 1,8 cineole, Cypress, Carrot Seed, Tanacetum Annuum, Sandalwood, and Patchouli

DISPEL VICTIMIZATION. RESTORE INDEPENDENT SELF.

Victim mentality is a learned personality trait in which one tends to regard him or herself as a victim of circumstances or the negative actions of others, and then thinks, acts, and speaks as if that really were the case. Dispel Victimization can help those who see themselves as victims to release that pattern of thought and behavior. Dispel feelings of victimization and replace them with the positive energy of the companion blend, Restore Independent Self.

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Melissa, Rose, Bergamot, Chamomile, roman; Ylang Ylang Complete, Geranium, rose; Jojoba, Sandalwood, Bay Laurel, Juniper Berry, Lemongrass, Grapefruit, pink; and Fractionated Coconut

Independent people take responsibility for every action and circumstance in their lives. They know they cannot control circumstances, but they can control their response to those circumstances. Independent people don't rely on external validation to feel good about themselves. They build an inner stability and fuel their lives with positive emotions no matter what other people say or do. Independent people who feel capable and strong are never victims. Find that power for yourself with Restore Independent Self.

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Vetiver, Cypress, Bergamot, Cinnamon Bark, Cedarwood, atlas; Juniper Berry, and Fractionated Coconut Oil

Dispel & Restore System Blends are not recommended for use by those who are pregnant, nursing, or under the age of 10 years unless under the direct supervision of a qualified aromatherapist or health care professional.

DISPEL POVERTY. RESTORE PROSPERITY.

Poverty mentality is a way of thinking said to perpetuate poverty because the focus is on what one doesn't have rather than what one does have. Thoughts and comments such as "I can't afford this..." and "I'll never have enough money for that..." can turn out to be a self-fulfilling prophecy. Dispel Poverty can help those who think negatively about money to release that pattern of thought and behavior. Note: Not recommended for bath or massage.

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Jasmine, Ylang Ylang Complete, Ginger Root, Juniper Berry, Fennel, sweet; Geranium, rose; Sandalwood, Rose, and Jojoba

This blend represents prosperity in all its forms; increased opportunity, financial gain, abundant friends, increased health, and wellbeing. It contains spices that in ancient times were considered more valuable than gold. Formulated to capture the power of the Law of Attraction in your world on a daily basis. Note: Not recommended for bath or massage.

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Patchouli, Orange, sweet; Cinnamon Bark, Ginger Root, Spruce, black; and Nutmeg

DISPEL SELF-SABOTAGE. RESTORE REALITY CHECK.

Whether we call it low self-esteem, being ashamed, or our "inner critic", the reality is that many people secretly feel unworthy. Dispel Self-Sabotage can help us learn to get out of our own way; to stop sabotaging good in our lives by feeling as though we don't deserve it. Dispel feelings of unworthiness and replace them with the positive energy of the companion blend, Restore Reality Check.

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Rose, Vetiver, Neroli, Rosemary 1,8 cineole; Cypress, Tanacetum Annuum, Geranium, rose; Patchouli, Sandalwood, and Fractionated Coconut

Restore Reality Check helps us stay grounded in the now; to be present in actual reality rather than unrealistic ideas of how things should be. In many ways being grounded in the now allows our mind to rest and not run amok on us. Understanding our reality and being very truthful with ourselves about where we stand today is foundational to achieving any solid plan for the future. Without an honest reality check, future plans for growth will prove to be fantasies.

Ingredients: 100% Pure, Certified Organic and Wildcrafted oils of Rose, Neroli, Elemi, Rockrose, Tangerine, Geranium, rose; Balsam, fir; Patchouli, Tanacetum Annuum, and Fractionated Coconut

For More Information:

Name

Phone

Consultant ID #

Web Address

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DISPEL &  
RESTORE

HEALTHY MIND, HEALTHY BODY

Healthy mind, healthy body may be a time-honored aphorism, but it's only recently that the truth behind it, the connection between the mind and body, has become the focus of exploration by Western medicine. A series of experiments performed in the 1970's isolated minute chemicals called neurotransmitters, which are used by the nervous system to transmit information, including thought processes, throughout the body.

Scientists were excited to find that these neurotransmitters existed well beyond the physical boundaries of the brain. Similar studies revealed that neurotransmitters associated with stress could be found not only in the adrenal glands of anxiety sufferers, but in their blood as well.

# EMOTIONS & YOUR HEALTH

## SPACE CLEANSING WITH INTENTION

Use the Dispel & Restore System blends in your home, office, and personal physical space to assure there are no residual energy patterns to cause discord in your life.

You need to be in a calm, focused mood. If you are anxious, upset, or otherwise feeling out of sorts, you need to regain your calm before you start. Begin by closing your eyes and taking three deep breaths, in through the nose and slowly out through the mouth, visualizing your body relaxing with each exhale. Once you are in a calm, focused mood close your eyes and with the Dispel Blend mister, mist around yourself starting at the top of your head, down the front and then down the back, holding the mister 1 to 2 feet from the body.

Remember, this is not perfume you're applying; you are applying it to your bioelectrical field, so you do not need to spray it directly on the body. Proceed to mist the different areas of your home following the path you used for the Space Cleansing (see instructions at godesana.com).

When you have finished with the Dispel Blend mister, repeat with the complementary Restore Blend mister.

OF OUR SEVEN SENSES, SMELL IS THE ONLY ONE WIRED DIRECTLY TO THE LIMBIC AREA OF THE BRAIN, WHICH IS CONSIDERED THE EMOTIONAL CONTROL CENTER. THIS MEANS THAT WHEN ESSENTIAL OILS ARE INHALED, THEIR MOLECULES GO DIRECTLY TO THE BRAIN.

## DISPEL & RESTORE SYSTEM

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. Knowing this, we can hypothesize how the use of Essential Oils can have some very profound physiological and psychological effects.

We all have conscious and unconscious beliefs about ourselves that either drive us forward or act like an unseen weight tied to our body. These beliefs either unleash our spirit or hold us back from our potential to be and to live the best life possible, which is what we all deserve.

The Dispel and Restore System is the first of its kind on the market today. Each blend positively influences energy and creates change while calming the nervous system and allowing the body to completely relax, rebalance, and restore. Each blend is named, and has their intention set, after familiar emotional issues with which we all deal. As you work with each blend, be sure to set your intention. We invite you to improve your health in just minutes a day with the Dispel & Restore System.

For best results, before you begin, do an Aromatic Space Cleansing (see instructions at godesana.com). Once you have completed the Space Cleansing, proceed through your home as you did with the Space Cleansing, using the Dispel Blend first and following with its complementary Restore Blend.

You can use the Dispel & Restore Blends in your home or office once or twice a week as needed, until the next month when you should Space Cleanse again. Monthly Space Cleansing will keep the energy of your home clean and uplift the Chi. You can also use misting sprays to dispel & restore negative energy patterns from your personal energy field so that you are not reintroducing the energy back into your environment.

## OUR IMMUNE SYSTEM DOES NOT EXIST IN ISOLATION FROM OUR EMOTIONS

Scientific research shows that aromas bypass our thinking mind and create changes in our emotions. Furthermore, research has proven that the interactions between Essential Oils and brain receptors promote healing, relaxation, and immunological reactions. When a smell enters the nasal cavity, it meets up with over 50,000,000 receptor neurons which are located in the upper part of the nose and nasal septum.

These receptors then convert the presence of a smell into a message which is sent to the olfactory bulb (which is seen as part of the forebrain and its main sensory input) where the processing of the smell is started and is then passed onto other areas of the brain which control emotions and behavior as well as basic thought processes. In studies performed at Vienna and Berlin Universities, researchers discovered that sesquiterpenes, a natural compound found in Essential Oils of Vetiver, Patchouli, Cedarwood, Sandalwood, and Frankincense, can increase levels of oxygen in the brain by up to 28% (Nasel, 1992).

Such an increase in brain oxygen may lead to a heightened level of activity in the hypothalamus and limbic systems of the brain, which can have dramatic effects on not only emotions but on learning, attitude, and many physical processes of the body such as immune function, hormone balance, and energy levels.

WHenever NEEDED, MIST THE DISPEL BLEND OF CHOICE AROUND YOURSELF, WITH INTENTION, MAKING SURE NOT TO SPRAY THE OILS INTO YOUR EYES. FOLLOW WITH THE COMPANION RESTORE BLEND.



## WHAT YOU NEED TO GET STARTED

FILL EACH BOTTLE ½ FULL OF DISTILLED WATER, ADD THE DROPS OF ESSENTIAL OIL, AND THEN FINISH FILLING WITH DISTILLED WATER. SHAKE WELL BEFORE EACH USE.

2 Cobalt Blue Spray Bottles {4oz} (1 for Dispel Blend, 1 for Restore Blend)  
1 Gallon Distilled Water  
10-12 Drops Dispel Blend of choice  
10-12 Drops Restore Blend of choice

## ADDITIONAL SUGGESTED USAGE

### BATH

- Add 5 to 10 drops of selected Essential Oil to ½ to 1 cup of Pink Himalayan or Dead Sea bath salts, and add to bath water. Soak 10 to 20 minutes for best results. 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 4 to 8 drops of selected Essential Oil to ½ cup of Pink Himalayan or Dead Sea bath salts, and soak feet 10 to 20 minutes for best results.
- Soaking can help cleanse negative beliefs held in your personal energy field.

### INHALATION

- Diffuse 10 minutes per hour as needed throughout the day.
- Rub 2-3 drops on the palms of the hands, cup over nose and mouth and inhale deeply.

### TOPICAL

- Add 8-10 drops per 1 tablespoon of massage or carrier oil for foot rubs or localized massage; or in larger quantities for full body massage.

## DIS-PEL

verb

to make (something, such as a belief, feeling, or idea) go away or end

### DISPEL ANGER. RESTORE EMPATHY.

Anger is a natural and healthy emotion when appropriately expressed. Dispel Anger prepares the angry person for the use of Restore Empathy Essential Oil Blend.

**Ingredients:** 100% Pure, Certified Organic and Wildcrafted oils of Patchouli, Orange, sweet; Bergamot, Grapefruit, pink; Helichrysum, Rose, Spikenard, and Jojoba

Restore Empathy can help us share or recognize emotions experienced by those whose opinions, practices, race, religion, nationality, etc. differ from our own.

**Ingredients:** 100% Pure, Certified Organic and Wildcrafted oils of Sandalwood, Chamomile, roman; Myrrh, Lavender, fine; Spikenard, Angelica, Rose, and Fractionated Coconut

### DISPEL BAD RELATIONSHIPS. RESTORE UNCONDITIONAL LOVE.

Holding on to the wounds of past relationships is a great way to spoil the chances of finding new ones. Dispel Bad Relationships prepares one's energy field for the companion blend Restore Unconditional Love.

**Ingredients:** 100% Pure, Certified Organic and Wildcrafted oils of Jasmine, Ylang Ylang Complete, Ginger Root, Juniper Berry, Fennel, sweet; Geranium, rose; Sandalwood, Rose, and Jojoba

Unconditional Love is a choice; a decision made to love with no regard to circumstances or disappointments. Restore Unconditional Love was created to support the Heart (4th) Chakra, our energy center of benevolence and compassion. It supports us in being more open and emotionally available to others.

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

### DISPEL ENTITLEMENT. RESTORE RIGHT USE OF POWER.

Those with a sense of entitlement may prioritize trivial pleasures for themselves over basic needs like paying rent or putting food on the table. Dispel Entitlement can help those who think the world owes them something to release that destructive pattern of thought and behavior.

**Ingredients:** 100% Pure, Certified Organic and Wildcrafted oils of Rose, Clary Sage, Peppermint, Grapefruit, pink, Tanacetum annuum, Ylang Ylang Complete, Frankincense, Geranium rose; Sandalwood, and Fractionated Coconut

Power comes from embracing spiritual values rather than just earthly values; from making kindness, love, and compassion for ourselves and those around us more important than controlling the actions and thoughts of others. Restore Right Use Of Power helps us to not infringe on the free will or rights of others.

**Ingredients:** 100% Pure, Certified Organic and Wildcrafted oils of Clary Sage, Peppermint, Tanacetum annuum, Frankincense, Elemi, Sandalwood, and Fractionated Coconut

### DISPEL FEAR. RESTORE COURAGE.

If we accept fear, we give fear a basis for existence; we make fear real, and we give fear life. The soothing aroma of Dispel Fear quickly calms and balances the emotions while allowing the mind to release our fears. Dispel Fear can help to sooth, balance, ground, and stabilize the body emotionally.

**Ingredients:** 100% Pure, Certified Organic and Wildcrafted oils of Vetiver, Geranium, rose; Rose, Palmarosa, and Neroli

Courage is the ability to act in spite of our fear. Fear is not the enemy, but rather our intuition guiding us in the direction we are intended to follow, much like a compass. The powerful aroma of Restore Courage grounds and balances the emotions while empowering the mind.

**Ingredients:** 100% Pure, Certified Organic and Wildcrafted oils of Rosewood, Tanacetum Annuum, Spruce, black; Sage, and Bay Laurel

### DISPEL JUDGMENT. RESTORE TOLERANCE.

Judgment is divisive; it separates and closes our hearts. Dispel Judgment can help those who judge people or situations to release that pattern of thought and behavior. Dispel feelings of judgment and replace them with the positive energy of the companion blend, Restore Tolerance.

**Ingredients:** 100% Pure, Certified Organic and Wildcrafted oils of Patchouli, Spikenard, Marjoram, sweet; Grapefruit, pink; Melissa, Ylang Ylang Complete, Clary Sage, Angelica, Sandalwood, Lavender, fine; and Fractionated Coconut

Tolerance works as a barrier to prejudice and brings people together. Restore Tolerance can help us maintain a fair, objective, and permissive attitude toward those whose opinions, practices, race, religion, nationality, etc. differ from our own.

**Ingredients:** 100% Pure, Certified Organic and Wildcrafted oils of Rose, Melissa, Myrrh, Jasmine, Mandarin, green; Palmarosa, Angelica, Ylang Ylang Complete, Geranium, rose; Lavender, vera; and Fractionated Coconut