



# Jaguar

west | full fall

## Reclaiming Lost Power | Courage | Overcoming Fear

Jaguar is a very powerful and ancient symbol. The Jaguar (black panther) expresses lunar energy. Jaguar Essence provides the impetus to go beyond our self-limiting boundaries and self-imposed restrictions. Jaguar Essence is the reclaiming of lost power.

Power we lost during traumatic situations or power taken from us by others. Jaguar Essence is representative of the female warrior, a protective guardian and the perfect blend for those who are being bullied by others or by life itself. Jaguar provides the power necessary to move beyond what we have imagined is possible for ourselves, and re-imagine a brighter more successful future

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

## ingredient highlights

- Black Spruce: Awakens our innate strength and power, ability to act on our own behalf.
- Elemi and Balsam Copiava: Access our deepest reserves and intuition.
- Black Pepper and Catnip: Activates our instincts, stimulates taking action.
- Spikenard, Sandalwood, and Frankincense: Reclaiming lost power, finding our self-worth.
- Cypress and Cedarwood, atlas: To find the strength to become our own guardian.
- Bergamot: To release grief, access the heart center, and forgiveness.
- Rose damascena: Develop self-love and compassion toward others.
- Clary Sage: To see more clearly who we are, to access inner knowing and guidance.

## suggested usage

### Bath:

- Add 6 to 12 drops in ½ cup of Dead Sea Salt and relax in a warm bath while rekindling your sense of personal power.

### Inhalation:

- Apply to the wrists or a tissue, inhale and know that Jaguar is the essence of imminent rebirth.
- Apply 2 drops to a tissue or the palm of your hands, rub together, cup hands over your nose and mouth. Inhale deeply as needed for strength and to overcome fear.

### Misting Spray:

- Add 10 to 12 drops of Jaguar Essence to 4 ounces of distilled water in a cobalt blue glass or PET spray bottle. Shake well before using. Close your eyes and mist around yourself to provide/feel your personal power and to prevent anyone from stealing your power.
- Add 5 to 6 drops to 2 ounces of distilled water in a cobalt blue glass or PET spray bottle. Shake well before using. Carry with you to share with friends and family who could use a little help reclaiming their lost power. Great to sample out to potential customers.

### Topical

- Apply as a perfume. Can be used alone or as a base layer for additional blends.
- Apply over the heart and on the wrists, inhale and reclaim your power. Initiating self-preserving behaviors helps to overcome fear.
- Apply Jaguar Essence to your feet and to the solar plexus and stop giving your power away.

## responsible cautions

- Non-toxic, non-irritant, non-sensitizing

**Ingredients:** Organic Spruce, black; Elemi, Balsam Copiava, Black Pepper, Catnip, Spikenard, Sandalwood, Frankincense, Cypress, atlas; Cedarwood Atlas, Organic Bergamot, Rose damascena, Clary Sage, Fractionated Coconut

## topical dilution guidelines

**Ages 10 & Over:** Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.

## pregnancy & children



safety group #3

### 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

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- 3 months to age 3 years - *not recommended*
- 3 to 5 years - *not recommended*
- 5 to 10 years - *not recommended*
- Pregnancy - *not recommended*

## 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.

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