



Raven

west | full fall

Connection to Prayer | Meditation

The Raven is very highly regarded by Native Americans and other indigenous peoples. It is believed by Shamans to have the ability to fly from the Great Void, receive their prayers and carry them back to the Void. Use Raven Essence to connect to the Source or to go within and connect to your own source of power. Raven Essence is a powerful ally and can help you to deliver your prayers and meditations into the Great Void from which all things come into manifestation. Raven is the guardian of all healing work. In any healing circle, Raven is present. Raven guides the process of healing and the change in consciousness that will bring about a new reality and dispel "dis-ease" or illness. Raven brings in a new possibility for a state of wellness from the Source of all that is.

Raven is the messenger that carries all energy flow from prayer and meditation to its intended destination. For example, if you are praying for a member of your family in a crisis to have strength and courage during this time, Raven would be the courier for that prayer energy flow. Raven is a symbol of the power of Spirit at work, and that something special or miraculous is about to happen. Remember what we send out will come back multiplied.

Raven Lessons: To receive prayers and return them and helper to the healer.

Too much Raven Essence and we can become spaced out and not grounded in this world. Balance with the complementary opposite on the Circle of Vitality, Blue Jay Essence.

ingredient highlights

- Elemi: Strengthening and grounding to the mind, supports meditation and prayer.
- Clary Sage: Clary Sage brings something unexpected and exciting.
- Frankincense: Sets the mood for prayer and meditation. Helps you to breathe more deeply, calm the mind, and awaken the spirit.
- Black Pepper: Brings the warmth and energy needed to use your creative imagination to bring your desires and gifts into being.
- Helichrysum: Increases dream activity and helps one to remember their dreams and the guidance they receive while dreaming. Helps to resolve long-standing blockages.
- Letsea Cubeba: Grounding. Increases the energy for intuition.
- Cistus: Helpful with feelings of inner emptiness. Comforting and balancing while helping to open the mind to new possibilities.

suggested usage

Bath:

- Add 6 to 12 drops in ½ cup of Dead Sea Salt and soak in the warm water relaxing your cares away while renewing your energy. Helpful to use when you've had a particularly trying day.

Inhalation:

- 1 to 2 drops on a tissue or cotton ball, or applied to the wrist. Inhale deeply in preparation for prayer and meditation.

Misting Spray:

- Add 10 to 12 drops of Raven Essence to 4 ounces of distilled water in a cobalt blue glass or PET spray bottle. Shake well before using. Mist around yourself as needed.
- 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. Great to sample out to potential customers.
- Mist a small amount on sheets and your pillow for a linen spray that will help increase dreams.

Topical

- Apply as a perfume. Can be used alone or as a base layer for additional blends.
- May be rolled over the Heart Chakra your center for spiritual strength and connection.
- Apply to the Crown Chakra to be open to receiving guidance and to recognize when we receive them and not dismiss as coincidence.

responsible cautions

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

Ingredients: Elemi, Clary Sage, Frankincense, Black Pepper, Helichrysum, Letsea Cubeba, Cistus, 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

- Infant to 3 months - *not recommended*
- 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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