

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.

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.

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.
- 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.
- Use 2-4 drops on soles of feet or along the foot spinal reflex.
- Use 2-4 drops on reflex points on either hands or feet.
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responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Keep out of reach of children and pets.
- Use as directed and adhere to Responsible Cautions at www.goDesanaOrganics.com/cautions.asp.
- Store away from sunlight, at room temperature, with the lid securely tightened.

Gathering • Preparing • Saving

ingredients

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

pregnancy & children



safety group #2

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 @ 3% dilution (15 drops/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 bath salts
- 5 to 10 years - 6 drops in ¼ cup Bath Salts or Clay Vitality
- Pregnancy - safe when used as directed starting in the 2nd trimester

availability

5ml Bottle



QUALITY ASSURANCE

All oils from goDesana Organics are 100% pure and therapeutic, meaning they are sourced and approved by Alexandria Brighton to the highest standards possible. Our Essential Oils are chosen for their integrity (all chemical constituents important for use are intact), ecological “soundness” (all are organic or wildcrafted), and the specific chemical constituent percentages that Alexandria Brighton insists upon for efficacy and safety.

DISCLAIMER

goDesana Organics products have not been evaluated by the FDA and are not intended to treat, diagnose, cure, or prevent any disease. They are not intended as a substitute for the advice or medical care of a qualified health care professional. Seek the advice of your health care professional before undertaking any dietary or lifestyle changes.

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