

# Beaver Essence

## South | Summer

The Beaver is a member of the rodent family. He has adapted to life in the water and in so doing has become a master builder.

Beaver builds dams, canals, and safe and secure dens for his home and family. Beaver is nature's logger. He understands the strength found in trees and how to use them as a building material.

Moving water is a formidable force, but Beaver sets out with determination to build his home against all odds. Beaver can teach us to build and work towards our dreams, even if they seem impossible.

With Beaver, we are reminded that we have to act on our dreams and work to make them a reality. Envisioning and planning are not enough, we must take action and, like the Beaver, never give up.

**Beaver Lessons:** Ability to build and work toward our dreams; strong sense of security; knowing what needs to be done to succeed, and how to go about doing it; the ability to act on our dreams and the resolve to apply physical effort to their manifestation.

Too much Beaver and we may spend our lives working hard for someone else's dream and not having the self-motivation or confidence in ourselves to go after our own dream. Balance with the complementary opposite on the Circle of Vitality, Dragonfly.

## 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, honor, and a sense of integrity. 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 soak, add 8 to 12 drops of Dragonfly to ½ cup of Pink Himalayan or Dead Sea bath salts, and soak feet 10 to 20 minutes for best results.

### 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.

### MASSAGE/TOPICAL

- Apply 2-3 drops to the soles of the feet to have courage to move forward in a positive direction.
- Apply 2-3 drops to the wrist and inhale to find the freedom of thought to dream big and use our increased analytical thinking to form a solid plan to turn our dreams into reality.
- 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 reflex points on either hands or feet.
- Use 2-4 drops on soles of feet or along the foot spinal reflex.
- Use 2-4 drops on soles of feet or along the foot spinal reflex.

### 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. Close your eyes and mist around yourself when you feel unsure of yourself and need courage to move forward in life.

## responsible cautions

- Keep out of the reach of children and pets.
- Use as directed and adhere to Responsible Cautions at [www.goDesana.com/cautions.asp](http://www.goDesana.com/cautions.asp).
- Store away from sunlight, at room temperature, with the lid securely tightened.

Determination • Dreams • Boundaries

## ingredients

Spruce, black; Ginger Root, Spikenard, Ocean Pine, Fir, balsam; Cedarwood Atlas, Fractionated Coconut

## 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 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.