

Blue Jay Essence

East | Supporting Full Spring

The Blue Jay is a member of the Crow family, and is fearless and resourceful. Blue Jay carries the promise of new opportunities to develop our innate potentials and to open new depths in our abilities and power. As a result, Blue Jay teaches us we will have to learn how to make proper choices as to how we handle the responsibilities associated with our power.

Blue Jay gives the opportunity to develop our innate talents and use them to the highest good of all, or for our own benefit alone; the choice is ours.

Blue Jay Lessons: To be fearless and resourceful; opportunity to develop our innate potentials; to learn how to make proper choices and exert our power correctly; to tap our deepest levels and open us to higher knowledge; the ability to develop our great talents.

Too much Blue Jay energy and a person could use their talents and power solely for their own gain, to the detriment of others.

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

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, allowing yourself to be renewed with courage, honor and a sense of integrity.

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 Heart Chakra, our center for spiritual strength and forgiveness, to remind us the effect our actions have on others.
- Apply 2-3 drops to the Solar Plexus, our center of will, to act from a place of clear perception and without attachment to the outcome of a situation.
- Apply 2-3 drops to the Third Eye Chakra to increase awareness of reality and receive intuitive guidance.
- Apply 2-3 drops to the Crown Chakra to be open to receiving guidance and to recognize messages when they're received rather than dismissing them as coincidence.

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 to ground your energy and inspire clarity and courage to be a force for positive change. Mist around yourself before you make important choices to calm the emotions and give clarity to the mind.

PERFUME & COLOGNE

- 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.

pregnancy

- Avoid during first trimester of pregnancy.



**Right use of power; Fearless;
Resourceful; Responsible**

ingredients

100% Pure, Certified Organic and Wildcrafted oils of Peppermint, Tanacetum Annuum, Clary Sage, Elemi, Frankincense, and Sandalwood

dilution guidelines

Topical dilution for healthy individuals ages 10 and up is 10%.

Dilution	Essential Oil	Carrier Oil
1%	6 drops	1 ounce
1.5%	9 drops	1 ounce
2%	12 drops	1 ounce
3%	15 drops	1 ounce
10%	60 drops	1 ounce

Remember that blends, because of the smaller percentage of the stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

responsible cautions

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

availability

5ml Bottle



QUALITY ASSURANCE

All goDésana Essential Oils are 100% Pure, Certified Organic and Wildcrafted. They are sourced, formulated, and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents, and GC/MS Chromatography Documents are sent to Alexandria for her approval prior to being shipped to goDésana.

DISCLAIMER

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