

Blue Jay

east | supporting full spring

Ingredients: *Mentha piperit* (Peppermint), *Tanacetum annuum* (Tanacetum Annuum), *Salvia sclarea* (Clary Sage), *Canarium luzonicum* (Elemi), *Boswellia Carteri* (Frankincense), *Santalum album* (Sandalwood), *Cocos nucifera* (Fractionated Coconut)

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 Blue Jay energy with the complementary opposite on the Circle of Vitality, Raven.

suggested usage

- Add 6 to 12 drops in ½ cup of Dead Sea salt and soak in a warm bath allowing yourself to be renewed with courage, honor, and a sense of integrity.
- 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.
- Mix 20 drops with 4 ounces of distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist around yourself to ground your energy and inspire clarity and courage to be a force for positive change, and before you make important choices to calm the emotions and give clarity to the mind.

responsible cautions

- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

topical dilution guidelines

Ages 10 & Over: Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil).

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



STANDARDS OF QUALITY

All ingredients in goDesana 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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