

Eagle Essence

East | Full Spring

Eagle represents the sun, masculine energy and left-brain thinking. With Eagle's great vision, he can help us sharpen our vision; focus our awareness and ability for mental perception.

Eagle Essence is full of solar energy. Eagle reminds us to be open to our freedom of spirit and to go beyond our perceived limitations and fears to develop our full potential. A great oil to use when setting goals for yourself and putting plans into action. With Eagle Essence you can set new goals, reach new heights, and follow your heart's desire

Eagle Lessons: Logical left-brained thinking; seeker of knowledge; set goals and go beyond limitations; develop leadership skills; understanding masculine energy; expresses personal freedom.

Too much Eagle energy and a person becomes freedom loving to the point of irresponsibility; ungrounded, not in touch with their feelings.

Balance with the complementary opposite on the Circle of Vitality, Bear 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

- Not appropriate for the bath as it may cause irritation.

INHALATION

- 1 to 2 drops on a tissue or cotton ball, or apply to the wrist and inhale deeply when you need to increase your left-brain mental abilities.
- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.

MASSAGE/TOPICAL

- Apply 2-3 drops to the Solar Plexus, our center of will, to overcome fear, 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.

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 provide strength of will and overcome fear.

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

- 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 provide strength of will and overcome fear.



**Personal Freedom; Heroic Nobility;
Increased Awareness; Connection to
Divine**

ingredients

100% Pure, Certified Organic and Wildcrafted oils of Helichrysum, Myrrh, Lemongass, Lemon, and Spearmint

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

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 health care professional and you should seek the advice of your health care professional before undertaking any dietary or lifestyle changes. The material provided in this document is for educational purposes only.
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