

# I Perceive

## THIRD EYE (6) CHAKRA

The Third Eye Chakra is the first chakra we reach that doesn't exist in the present or past, but is connected to our future.

It is through our intuition that we are led to the people and places that keep us on our path in life. Our intuition also protects us; lets us know when we are about to do something that we shouldn't, something that may cause us or someone else harm.

When this chakra is healthy and functioning properly we experience the positive flow of life. When it is not, we have more hindsight than intuitive foresight, where we can see that some of our choices have led to unnecessary suffering.

The Third Eye Chakra is also where we dream, both when asleep and when we dream of what we want to accomplish in life. The ability to imagine that which does not yet exist is a gift of the Third Eye Chakra. The greatest advances in science and invention all originated with the Third Eye in cooperation with the Crown Chakra.

The Third Eye Chakra is where we practice meditation techniques and access the place of our inner knowing.

When life gets chaotic and we lose control, be still, go within and the Third Eye will help you to regain your calm and your perspective on reality. Without the ability to access the Third Eye Chakra we go through life by trial and error.

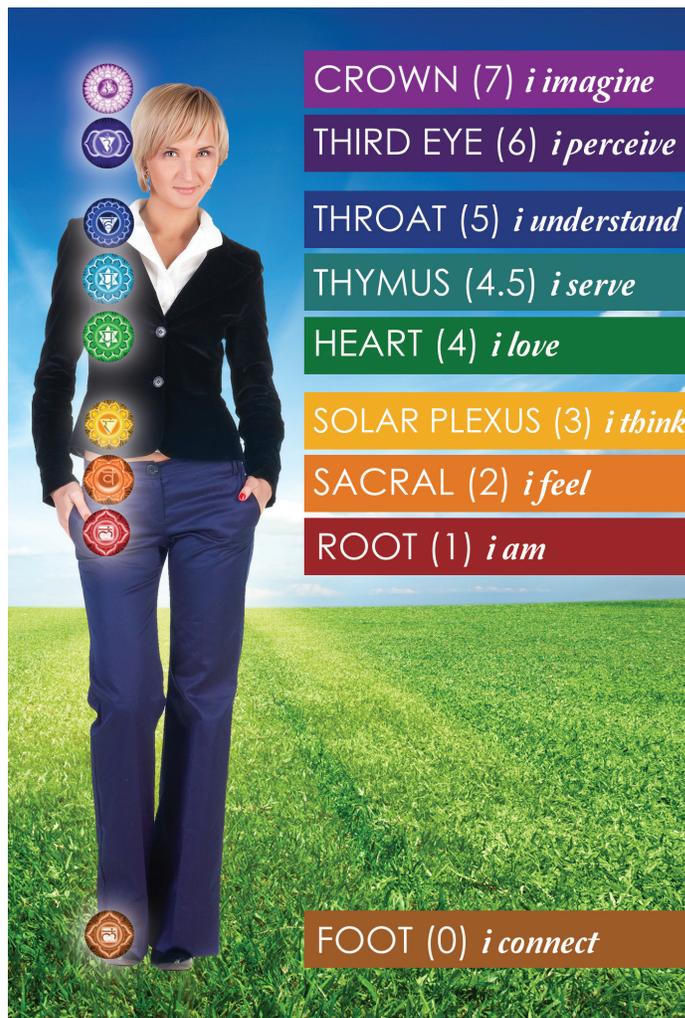
### suggested usage

#### Bath

- If you feel unsure of what to do or how to solve a problem, bathing in I Perceive will strengthen the Third Eye Chakra and the answer may present itself.
- Soaking in the I Perceive bath brings peace and intuitive awareness to the Third Eye Chakra, creating a feeling of guidance and inner knowing.
- Add 10 to 15 drops of I Perceive to ½ to 1 cup of Pink Himalayan or Dead Sea bath salts, and add to bath water. Soak 10 to 20 minutes for best results. 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 bath, add 8 to 12 drops of I Perceive to ½ cup of Pink Himalayan or Dead Sea bath salts, and soak feet 10 to 20 minutes for best results.
- Soaking will detox, nurture, and heal the Third Eye Chakra.

#### Misting Spray

- Mix 12 to 15 drops in a 4 ounce cobalt blue spray bottle of distilled water. Mist around the Third Eye Chakra area, front and back, when you are in need of guidance and answers to problems. Shake well before use.
- Mix 6 to 8 drops in a 2 ounce cobalt spray bottle to carry with you; mist generously when preparing to meditate or to give or receive energy work such as Reiki. Shake well before use.



#### Topical

- Apply 1 to 3 drops of I Perceive to the Third Eye Chakra area in the center of the forehead, and on the back of the head directly across from the third eye application point in front.
- When applied to the chakra area, you are feeding vibrational frequency into the chakra providing warmth, nutrients, and strength.

### availability

5ml Bottle





## + association

**Color:** Indigo

**Physical Location:** The center of the forehead

**Sympathetic Gland:** Pituitary

**Sympathetic organs and body parts:** Eyes, Nose, Lower Brain

**Sympathetic body systems:** Skeletal system

**Capacities:** Intuition, concept of reality, foresight, inner knowing, meditation, dreams, psychic phenomenon

## ingredients

*100% Pure, Certified Organic and Wildcrafted oils of Neroli, Jasmine, Helichrysum, Elemi, Palmarosa, Clary Sage, Orange, sweet; Rosewood, Cistus, Tanacetum Annuum, Geranium, rose; Bergamot, Spruce, black; and Jojoba*

## chakra 6 (third eye ) the right to see

This right is damaged when we are told that what we perceive is not real, when things are deliberately hidden or denied (such as a parent's drinking) or from having the breadth of our vision misunderstood and discounted. When what we see is ugly, frightening, or inconsistent with something else we see, our physical vision may be affected by the closing down of the third eye.

## supporting blends

- **Dream Weaver:** Our dreams help us to see and visualize what could be possible, not just what is today. We are never too old, too young, or too poor to dream a new dream, to be touched by divine inspiration and bring into the world our own incredible talents and gifts. Dream Weaver shines a light into the darkness when we are lost and can't find our way.
- **beIntuitive:** This blend helps us to quiet the inner mind chatter and to become aware of the working of our inner guidance. When our intuition is strong we can feel it in many parts of the body. The heart lets us know what it wants and needs from us, the digestive system lets us know through "gut feelings" when something isn't quite right for us; all we have to do is be aware and take appropriate action to follow our life path.
- **Dragonfly:** Dragonflies are ancient and carry a certain fascination for us. They are huge for an insect and carry a rainbow on their wings. They are often thought of as bringers of transformation and change, and can help us to let go of what is and open ourselves to what can be.

## postnatal chakra development

### CHAKRA 6 (Third Eye): 7 to 12 Years

Learning through communication and exploration, a child begins to form its internal picture of the world and its place within it. He/she moves into Chakra 6, the realm of imagination, and begins to recognize patterns and perceive what is encountered with an open mind. It is important at this stage that parents provide information and experiences without invalidating the child to project images into new scenarios through questions such as 'what if?'.

## pregnancy & children

- Children ages 2 years and up - safe when used as directed
- Pregnancy - safe when used as directed

## responsible cautions

- Keep out of 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 lid securely tightened.

The logo for goDésana organics features the brand name in a purple serif font with a green leaf icon above the 'a' in 'Désana'. Below the name is the tagline 'feel the difference' in a smaller, green, lowercase sans-serif font.

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### QUALITY ASSURANCE

All oils from goDésana 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

goDésana 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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