



Wolf

north west | waning fall

Finding Our Place | Family | Cooperation | Loyalty

With Wolf Essence we empower the teacher within to help us understand the great mysteries of life. Indigenous peoples see the Wolf represented by the Dog Star, Sirius, and symbolic of the clan of teachers. Wolf has much to teach us about being in a relationship, family, group or community. The Wolf mates for life and raises their pups in a family where everyone provides care, protection, and love to the young. Everyone provides for and cares for the elderly. The Wolf is territorial and understands the need for boundaries. Awaken the Wolf Essence within, and come to know your place in the journey we call life. You may feel drawn to teach what you know to others or to write a book or mentor a younger person.

Wolf Lessons: Obedience; to act lawfully; to be cooperative with others; responsible for self and others; organized; has value as part of a group; knows compassion, forgiveness, and discipline. Too much Wolf Essence and a person become dictatorial; demanding and dogmatic; puts self-interest above the good of the family or group; uncompassionate and insensitive to needs of others.

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

ingredient highlights

- Black Spruce, Siberian Fir, Ocean Pine: Helps to have boundaries and a distinct self-identification, promotes a sense of freedom and vibrant self-image. Gives Wolf Essence strength and clarity.
- Bergamot: Uplifting and known in aromatherapy as "Nature's Prozac", has an affinity for the heart and to react from the heart and not the head when we deal with others. Promotes cooperation and release of anger.
- Lime: Provides the freshness we experience when in the fresh air. Renews the spirit Spikenard, Sandalwood, and Frankincense: Reclaiming lost power, finding our self-worth.

suggested usage

Bath:

- Add 6 to 12 drops in ½ cup of Dead Sea Salt and relax in a warm bath while feeling a connection to family and community.

Inhalation:

- Apply to the wrists or a tissue, inhale when we need to cooperate within a family or group while maintaining your personal boundaries.
- Apply 2 drops to the palms of your hands, rub together, cup hands over your nose and mouth. Inhale deeply as needed for connecting and finding your place within a family or group.

Misting Spray:

- Add 10 to 12 drops of Wolf Essence to 4 ounces of distilled water in a cobalt blue glass or PET spray bottle. Shake well before use. Close your eyes and mist around yourself. Helpful when negotiating or settling disputes or to encourage everyone to participate and be an active member of a family or group. Something needed in today's busy life where family members are involved in their own lives.
- Add 5 to 6 drops to 2 ounces of distilled water in a cobalt blue glass or PET spray bottle. Shake well before use. Carry with you to share with friends and family who could use a little help with cooperation or setting boundaries. Great to sample out to potential customers.

Topical

- Apply as a perfume. Can be used alone or as a base layer for additional blends.
- Apply Wolf Essence to the soles of the feet and walk your path with honor and cooperation with others, sharing your wisdom and experience.
- Apply to the wrists or a tissue and inhale when you need to resolve relationship issues that require cooperation and give-and-take.
- Apply over the heart to remember to give care to others and put the concerns of family above our own.

responsible cautions

- Non-toxic, non-irritant, non-sensitizing

Ingredients: Organic Spruce, black; Siberian Fir, Ocean Pine, Organic Bergamot, Organic Lime, Fractionated Coconut

topical dilution guidelines

Ages 10 & Over: Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.

pregnancy & children



Topical

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - 3 drops in 10 ml carrier oil
- 5 to 10 years - 6 drops in 10 ml carrier oil
- Pregnancy - safe when used as directed starting in the 2nd trimester @ 3% dilution (15 drops/1 ounce)

Bath

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - 3 drops in ¼ cup bath salts
- 5 to 10 years - 6 drops in ¼ cup Bath Salts or Clay Vitality
- Pregnancy - safe when used as directed starting in the 2nd trimester

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.

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