

I Am

chakra blend 10ml

The Root Chakra is our instinctive chakra, which is responsible for our will to survive and our ability to succeed in the material world. When this chakra is healthy, we establish the sense of "I Am". We have trust in the world and are able to succeed in the material world.*

Located between the legs in the genital area; the Root Chakra radiates down toward the earth. It functions at the frequency of red. It is also supported by the Foot Chakras which can act as a Sub-Root Chakra for purposes of grounding, nurturing, and release of negative energy.*

Damage to the Root Chakra may produce a life of struggle and hardship in which we are not successful in the material world. We may struggle to meet even the most basic of needs such as food, housing, transportation, and to earn an adequate living.*

The Root Chakra is our connection and grounding to the Earth. It is from the grounding this Chakra provides that we fully occupy and live within the body. Without this grounding, we tend to live from a mental perspective and are not as open to messages from the body such as pain, tumors, tiredness, and generally feeling unwell until we become seriously ill.*

If the Root Chakra is severely damaged and cannot be repaired, the person will feel insecure, unwanted, and feel life is too terrible to go on, and they will find a way for their life to end, either through disease, accident, or taking their own life.*

uses

aromatic

- **Inhalation:** Apply 1 to 3 drops to a tissue, cotton ball, or wrists and inhale as needed.*
- **Misting:** Add 10 to 12 drops to 4 ounces of distilled water in a cobalt blue glass spray bottle. Shake well before use. Mist around the hip area, front and back, when feeling insecure about financial matters or other survival issues.*

bath

- **Bath:** Add 10 to 15 drops of I Am 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. Bathing in I Am will strengthen the Root Chakra, grounding us and helping us re-establish a sense of connection to the Earth.*

topical

- **Perfume/Cologne:** Apply 1 to 3 drops to pulse points as a perfume, alone or as a base to layer additional oils.*
- **Reflexology:** Apply 1 to 3 drops to the sole of each foot; a powerful way to ground your root chakra.*
- **Massage:** Apply 1 to 2 drops to the bottom of the spine on the lower back or to the inside of the upper thighs. The root chakra extends several inches from the body and it is not necessary to apply to the genital area. When applied to the root chakra area, you are feeding vibrational frequency into the chakra.*

topical dilution guidelines

- Topical dilution for healthy individuals ages 10 and over is 10% (60 drops per 1 ounce of carrier oil).

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application methods

Aromatic • Bath • Topical

safety group: 3

Never recommended for children or while pregnant or nursing when used as a single oil. However, these oils are considered safe when formulated in blends by a qualified aromatherapist, properly diluted, and used as directed according to specific usage recommendations for each individual blend.

ingredients

Rosa damascena (Rose), Commiphora myrrha (Myrrh), Vetiveria zizanioides (Vetiver), Citrus reticulata (Green Mandarin), Nardostachys jatamansi (Spikenard), Cymbopogon martinii (Palmarosa), Lavandula angustifolia (Lavender Vera), Cananga odorata (Ylang Ylang Complete), Citrus aurantium var amara (Neroli), Jasminum grandiflorum (Jasmine), Pelargonium graveolens (Rose Geranium), Cocos nucifera (Fractionated Coconut)

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.

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I Connect

chakra blend 10ml

The Foot Chakras are located within the center of the sole of each foot. Although they are physically located in two different places, they act as one unified chakra.*

Previously this important chakra was considered to be a sub-chakra to the Root Chakra and not a primary chakra. As our modern lifestyle has become more and more chaotic and filled with more and more electrical pollution, it has evolved into a primary chakra.*

This chakra is charged with the important task of ridding the body of static electrical and psychic charges accumulated in the everyday processes of our modern lifestyle. Before man distanced himself from contact with the earth, this important task was a natural occurrence that happened as we walked barefoot, slept, sat, and lived in natural shelters connected to the earth.*

We know that the earth influences the circadian rhythms of the body and helps us to maintain a healthy balance within the body and our life. We need to have the Foot Chakras open and functional in order for this to take place. The Foot Chakras also act as energy transformers; regulating the intensity and quantity of the energy flow as well as whether or not they should or should not enter our physical energetic environment. It represents the beginning of our ability to set boundaries to protect and contain our physical and spiritual life in this material place.*

uses

aromatic

- **Inhalation:** Apply 1 to 3 drops to a tissue, cotton ball, or wrists and inhale as needed.*
- **Misting:** Add 10 to 12 drops to 4 ounces of distilled water in a cobalt blue glass spray bottle. Shake well before use. Mist around yourself when you need extra support and grounding, or when around people who threaten your sense of boundaries.*

bath

- **Bath:** Thoroughly mix 12 to 15 drops into ½ cup Pink Himalayan or Dead Sea salts and dissolve into warm bath water. Soak 15 to 20 minutes for best results. Bathing in I Connect will strengthen the foot chakra, grounding us and helping us reestablish a sense of connection to the Earth.*

topical

- **Perfume/Cologne:** Apply 1 to 3 drops to pulse points as a perfume, alone or as a base to layer additional oils.*
- **Reflexology:** Apply 1 to 3 drops to the sole of each foot; a powerful way to ground your foot chakra.*
- **Massage:** Apply 1 to 2 drops to the area behind the knees and at the center side of the hip joint to feed vibrational frequency into the chakra.*

topical dilution guidelines

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application methods

Aromatic • Bath • Topical

safety group: 3

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ingredients

Rosa damascena (Rose), Jasminum grandiflorum (Jasmine), Pelargonium graveolens (Rose Geranium), Dalbergia maritima (Rosewood), Citrus paradisi (Pink Grapefruit), Cedrus atlantica (Cedarwood Atlas), Foeniculum vulgare (Sweet Fennel), Citrus aurantium var. amara (Neroli), Syzygium aromaticum (Clove Bud), Commiphora myrrha (Myrrh), Cymbopogon martinii (Palmarosa), Vetiveria zizanioides (Vetiver), Gautheria fragrantissima (Wintergreen), Juniperus communis (Juniper Berry), Lavandula angustifolia (Lavender Vera), Pogostemon cablin (Patchouli), Cocos nucifera (Fractionated Coconut)

responsible cautions

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I Feel

chakra blend 10ml

The Sacral Chakra is located midway between the pubic bone and the navel, and is our center of emotions and feeling. It is here we learned to express our emotions and to be sensitive to the emotions of other people. If taught as children that expressing our emotions is inappropriate behavior that results in criticism or punishment, we may have lost touch with how we truly feel about the important issues in our lives.*

If we become disconnected from our feelings we may have difficulty expressing to others that we love them and others may view us as cold and unfeeling. This may result in an inability to maintain intimate relationships. This type of damage causes considerable disruption and blockage to this chakra and its ability to function as a life support for the organs located within its area of operation, which includes all the reproductive organs. This may show up as reproductive issues such as infertility, PMS, impotence or frigidity, or lack of health of the reproductive organs themselves.*

The Sacral Chakra is also our place of pleasure and joy. It is through this chakra that we develop our social behaviors and our joy in being with others; our friends and family ties start here. A life without joy and companionship is no life at all.*

A healthy developed sense of self from the Root Chakra is necessary to the development of this chakra of relationships and pleasure.*

uses

aromatic

- **Inhalation:** Apply 1 to 3 drops to a tissue, cotton ball, or wrists and inhale as needed.*
- **Misting:** Add 10 to 12 drops to 4 ounces of distilled water in a cobalt blue glass spray bottle. Shake well before use. Mist around the lower abdominal area, front and back, when feeling alone and lacking joy and/or pleasure in life, whenever you need emotional support, and to give yourself permission to express your emotions. Can also be used when experiencing relationship issues that may stem from an inability to express emotions.*

bath

- **Bath:** Thoroughly mix 12 to 15 drops into ½ cup Pink Himalayan or Dead Sea salts and dissolve into warm bath water. Soak 15 to 20 minutes for best results. When unhappy and alone in the world, bathing in I Feel will strengthen the Sacral Chakra, bringing about feelings of joy and connection to others.*

topical

- **Perfume/Cologne:** Apply 1 to 3 drops to pulse points as a perfume, alone or as a base to layer additional oils.*
- **Reflexology:** Apply 1 to 3 drops to the inside and outside of each ankle over the reproductive foot reflex points as a powerful way to affect your Sacral Chakra.*
- **Massage:** Apply 1 to 2 drops to the Sacral Chakra area below the navel, and on the spine at the lower back directly across from the sacral application point in front to feed vibrational frequency into the chakra.*

topical dilution guidelines

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application methods

Aromatic • Bath • Topical

safety group: 3

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ingredients

Canarium luzonicum (Elemi), Citrus sinensis (Blood Orange), Cedrus atlantica (Cedarwood Atlas), Nardostachys jatamansi (Spikenard), Citrus reticulata (Tangerine), Inula helenium (Inula), Copaifera officinalis (Balsam Copaiba), Cistus ladanifer (Cistus), Citrus reticulata (Green Mandarin), Tanacetum annuum (Tanacetum annuum), Santalum album (Sandalwood), Boswellia carteri (Frankincense), Rosa damascena (Rose), Jasminum grandiflorum (Jasmine), Citrus aurantium var. amara (Neroli), Simmondsia chinensis (Jojoba), Pelargonium graveolens (Rose Geranium), Cupressus sempervirens (Cypress), Pogostemon cablin (Patchouli), Coriandrum sativum (Coriander Seed), Zingiber officinale (Ginger Root), Aniba rosaeodora (Rosewood), Citrus paradisi (Pink Grapefruit), Lavandula angustifolia (Lavender Vera), Salvia sclarea (Clary Sage), Angelica archangelica (Angelica)

responsible cautions

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I Think

chakra blend 10ml

The Solar Plexus Chakra is where we develop our positive ego. This allows us to go out into the world as an independent, confident, and worthy being ready to accomplish whatever is ours to do in this lifetime. Having a positive ego gives us the ability to be an independent being who can be in relationship or partnership with others while still being independent and not becoming co-dependent.*

The skills we build at the Sacral Chakra, to have empathy and compassion and how to be interdependent within a relationship, will guide our ego development here.*

The Solar Plexus Chakra is known as our center of will, because this is from where our ability to act on our own behalf stems. A good sense of our own will and the power it gives us helps us to be assertive in our own life without being under the will of someone else, and to not abuse our power by having to assert our will over others. To succeed in life, we need to have a strong will to put our plans into action. The Solar Plexus Chakra is also the center of our logical left-brained thinking. It is here that we learn to analyze, make plans, and be open to change when it is necessary.*

At the Solar Plexus we not only make plans, but we develop the will to bring them into the material world.*

USES

aromatic

- **Inhalation:** Apply 1 to 3 drops to a tissue, cotton ball, or wrists and inhale as needed.*
- **Misting:** Add 10 to 12 drops to 4 ounces of distilled water in a cobalt blue glass spray bottle. Shake well before use. Mist around the upper abdominal area, front and back, when feeling unsure of yourself, lacking the will to take action, or when in need of left-brain support for activities like studying, planning, or other times when focus is desired. May also be used when experiencing issues that stem from your inability to take appropriate action.*

bath

- **Bath:** Thoroughly mix 12 to 15 drops into ½ cup Pink Himalayan or Dead Sea salts and dissolve into warm bath water. Soak 15 to 20 minutes for best results. Bathing in I Think will strengthen the Solar Plexus Chakra, helping us realize our own power and how that power can be used to move us forward.*

topical

- **Perfume/Cologne:** Apply 1 to 3 drops to pulse points as a perfume, alone or as a base to layer additional oils.*
- **Massage:** Apply 1 to 3 drops of I think to the Solar Plexus Chakra area between the navel and breastbone and on the spine at the mid back directly across from the Solar Plexus application point in front.*

topical dilution guidelines

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application methods

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ingredients

Laurus nobilis (Bay Laurel), Cymbopogon flexuosus (Lemongrass), Citrus aurantium bergamia (Bergamot), Thymus vulgaris ct thymol (Thyme ct Thymol), Picea mariana (Black Spruce), Juniperus communis (Juniper Berry), Melaleuca alternifolia (Tea Tree), Abies sibirica (Siberian Fir), Pinus pinaster (Ocean Pine), Citrus aurantiifolia (Lime), Chamaemelum nobile (Roman Chamomile), Cocos nucifera (Fractionated Coconut)

responsible cautions

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I Love

chakra blend 10ml

The Heart Chakra is located between the breasts in the center of the chest, and is the center of our experience of love. It is where we develop love and attachment to our family members, close friends, and others with whom we come to have close relationships.*

Our sense of security in family and community comes from the development of the Heart Chakra. When we are loved unconditionally, we learn to give love unconditionally. If we were taught that we would only be loved if we acted a certain way, or did certain things, then we may not be able to love without conditions being attached within our close relationships. When it is unblocked, we give love unconditionally and attract to ourselves those people who give us an abundance of love. When it is blocked, we feel the lack of love in our lives as keenly as those with Sacral Chakra blockages feel a lack of material security.*

Physical illnesses brought about by heartbreak require that emotional healing occur along long with the physical healing. Learning to love yourself is a powerful first step in securing a healthy Heart Chakra. The "wounded child" resides in our Heart Chakra. The Heart Chakra can be wounded by loss of a loved one, divorce, or being rejected in some way, and will suffer grief and/or be broken-hearted.*

The Heart Chakra sits right in the middle of our chakra system, and it is the mediator between our earthly life (Root, Sacral, and Solar Plexus Chakras) and our spiritual life (Throat, Third Eye, and Crown Chakras).*

uses

aromatic

- **Inhalation:** Apply 1 to 3 drops to a tissue, cotton ball, or wrists and inhale as needed.*
- **Misting:** Add 10 to 12 drops to 4 ounces of distilled water in a cobalt blue glass spray bottle. Shake well before use. Mist around the heart area, front and back, when feeling unloved, lacking joy and comfort, or experiencing grief and loss. May also be used when experiencing relationship issues that may stem from your inability to give and receive love.*

bath

- **Bath:** Thoroughly mix 12 to 15 drops into ½ cup Pink Himalayan or Dead Sea salts and dissolve into warm bath water. Soak 15 to 20 minutes for best results. If you feel distant from those around you, bathing in I Love will strengthen the Heart Chakra, helping to replace anger and callousness with love and empathy.*

topical

- **Perfume/Cologne:** Apply 1 to 3 drops to pulse points as a perfume, alone or as a base to layer additional oils.*
- **Reflexology:** Apply 1 to 3 drops of I Love to the pulse points on the wrists. A powerful way to affect your Heart Chakra as the meridian for the heart runs through the wrists.*
- **Massage:** Apply 1 to 2 drops to to the Heart Chakra area between the breasts in the center of the chest, and on the spine at the upper back directly across from the heart application point in front to feed vibrational frequency into the chakra.*

topical dilution guidelines

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application methods

Aromatic • Bath • Topical

safety group: 3

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ingredients

Salvia sclarea (Clary Sage), Pogostemon cablin (Patchouli), Cananga odorata (Ylang Ylang Complete), Cymbopogon martinii (Palmarosa), Aniba Rosaeodora (Rosewood), Nardostachys jatamansi (Spikenard), Citrus aurantium var amara (Neroli), Jasminum grandiflorum (Jasmine), Santalum album (Sandalwood), Lavandula angustifolia (Lavender Vera), Daemonorops draco blume (Dragon's Blood), Canarium luzonicum (Elemi), Origanum majorana (Sweet Marjoram), Citrus aurantium (Petitgrain), Cupressus sempervirens (Cypress), Citrus paradisi (Pink Grapefruit), Pinus pinaster (Ocean Pine), Simmondsia chinensis (Jojoba)

responsible cautions

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I Serve

chakra blend 10ml

The Thymus Chakra is located just above the Heart Chakra and just below the collarbone, over the thymus gland. The thymus grows larger until puberty, and then begins to shrink. It produces thymosins, hormones that stimulate the development of antibodies, and T-lymphocytes, the white blood cells that fight infection and destroy abnormal cells. These white blood cells are the body's immune system and protect the body by producing antibodies that stop the invasion of foreign agents, bacteria, and viruses.*

The Thymus Chakra is a relatively new Chakra as far as its activity and importance are concerned. It is sometimes referred to as the High Heart Chakra as it has many similarities to the function and purpose of the Heart Chakra. It takes the unconditional love of the Heart Chakra and directs it to the community at large.*

The Thymus Chakra is a point on the body where a large proportion of the meridians can be reached both directly and indirectly. The Thymus Chakra also extends our care to the environment and to plants and animals that are endangered. Through the Thymus Chakra we come to know we are all connected and that what happens to one happens to all. Mother Teresa is a good example of someone who worked through her Thymus Chakra. She said you can't help everyone, but you can help one. This philosophy allowed her to help 42,000 sick, dying, and forgotten people... one person at a time.*

uses

aromatic

- **Inhalation:** Apply 1 to 3 drops to a tissue, cotton ball, or wrists and inhale as needed.*
- **Misting:** Add 10 to 12 drops to 4 ounces of distilled water in a cobalt blue glass spray bottle. Shake well before use. Mist around the thymus area, front and back, to create feelings of care and concern for others, and to experience a deep connection to the earth and all life. Or when experiencing grief over man's inhumanity to man. Remember, you can help. May also be used when experiencing relationship issues that may stem from your lack of care and concern for others.*

bath

- **Bath:** Thoroughly mix 12 to 15 drops into ½ cup Pink Himalayan or Dead Sea salts and dissolve into warm bath water. Soak 15 to 20 minutes for best results. If you feel disconnected from those around you, bathing in I Serve will strengthen the Thymus Chakra; it is through service to others that we build our health and longevity.*

topical

- **Perfume/Cologne:** Apply 1 to 3 drops to pulse points as a perfume, alone or as a base to layer additional oils.*
- **Reflexology:** Apply 1 to 3 drops of I Serve to the pulse points on the wrists. A powerful way to affect your Thymus Chakra by way of the Heart Chakra as the meridian for the heart runs through the wrist.*
- **Massage:** Apply 1 to 2 drops I Serve to the Thymus Chakra area in the depression between where the collarbones meet, and on the spine about 1 inch below the base of the neck directly across from the thymus application point in front.*

topical dilution guidelines

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application methods

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ingredients

Rosa damascena (Rose), Santalum album (Sandalwood), Commiphora myrrha (Myrrh), Lavandula angustifolia (Lavender Vera), Citrus reticulata (Red Mandarin), Pogostemon cablin (Patchouli), Origanum majorana (Sweet Marjoram), Citrus paradisi (Pink Grapefruit), Cymbopogon martinii (Palmarosa), Salvia sclarea (Clary Sage), Cananga odorata (Ylang Ylang Complete), Pelargonium graveolens (Rose Geranium), Jasminum grandiflorum (Jasmine), Simmondsia chinensis (Jojoba)

responsible cautions

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I Understand

chakra blend 10ml

Through the Throat Chakra we communicate to others and receive communication in return from others. It's where we develop understanding toward others and their beliefs.*

The Throat Chakra is a chakra of peace and cannot stay healthy in an abusive environment. Any loss of personal integrity also damages the Throat Chakra and its ability to communicate.*

This chakra is conservative and passive; it contains memories from the past which we use to interpret and understand the present. The Throat Chakra is damaged by lies, ugly surroundings, violence, and abuse, both physical and verbal.*

It is here that we learn to speak up for ourselves and others, to say our truth; what we stand for and what we will fight for. Many people who are great speakers and inspire heroism in others are operating from a healthy Throat Chakra. The more you speak your truth the healthier this Chakra becomes.*

uses

aromatic

- **Inhalation:** Apply 1 to 3 drops to a tissue, cotton ball, or wrists and inhale as needed.*
- **Misting:** Add 10 to 12 drops to 4 ounces of distilled water in a cobalt blue glass spray bottle. Shake well before use. Mist around the neck area, front and back, when you're going to give a presentation or other form of communication where it is important for you to speak up and be understood by others. May also be used when experiencing relationship issues that might stem from lack of communication.*

bath

- **Bath:** Thoroughly mix 12 to 15 drops into ½ cup Pink Himalayan or Dead Sea salts and dissolve into warm bath water. Soak 15 to 20 minutes for best results. If you feel you are not being heard, bathing in I Understand will strengthen the Throat Chakra and help you communicate with others. Soaking in the I Understand bath brings peace and understanding to the Throat Chakra.*

topical

- **Perfume/Cologne:** Apply 1 to 3 drops to pulse points as a perfume, alone or as a base to layer additional oils.*
- **Massage:** Apply 1 to 3 drops to the Throat Chakra area on the neck and on the back of the neck directly across from the throat application point in front. After application try humming, singing, or speaking aloud a truth for only your ears.*

topical dilution guidelines

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application methods

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ingredients

Nardostachys jatamansi (Spikenard), Citrus sinensis (Orange, sweet), Laurua nobilis (Bay Laurel), Santalum album (Sandalwood), Commiphora myrrha (Myrrh), Cananga odorata (Ylang Ylang Complete), Salvia sclarea (Clary Sage), Rosa damascena (Rose), Picea mariana (Black Spruce), Tanacetum annuum (Tanacetum Annuum), Citrus paradisi (Grapefruit, pink), Lavandula angustifolia (Lavender Vera), Citrus reticulata (Tangerine), Aniba rosaeodora (Rosewood), Cocos nucifera (Fractionated Coconut)

responsible cautions

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I Perceive

chakra blend 10ml

The Third Eye Chakra is where we practice meditation techniques and access the place of our inner knowing. It is the first chakra we reach that doesn't exist in the present or past, but is connected to our future. 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.*

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.*

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.*

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.*

uses

aromatic

- **Inhalation:** Apply 1 to 3 drops to a tissue, cotton ball, or wrists and inhale as needed.*
- **Misting:** Add 10 to 12 drops to 4 ounces of distilled water in a cobalt blue glass spray bottle. Shake well before use. Mist around the Third Eye Chakra area, front and back, when you are in need of guidance and answers to problems. Can also be used when you are preparing to meditate or to give or receive energy work such as Reiki.*

bath

- **Bath:** Thoroughly mix 12 to 15 drops into ½ cup Pink Himalayan or Dead Sea salts and dissolve into warm bath water. Soak 15 to 20 minutes for best results. 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.*

topical

- **Perfume/Cologne:** Apply 1 to 3 drops to pulse points as a perfume, alone or as a base to layer additional oils.*
- **Reflexology:** Apply 1 to 2 drops 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.*

topical dilution guidelines

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application methods

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safety group: 3

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ingredients

Citrus aurantium var. amara (Neroli), Jasminum grandiflorum (Jasmine), Helichrysum italicum (Helichrysum), Canarium luzonicum (Elemi), Cymbopogon martinii (Palmarosa), Salvia sclarea (Clary Sage), Citrus sinensis (Sweet Orange), Dalbergia maritima (Rosewood), Cistus ladanifer (Cistus), Tanacetum annuum (Tanacetum Annuum), Pelargonium graveolens (Rose Geranium), Citrus bergamia (Bergamot), Picea mariana (Black Spruce), Simmondsia chinensis (Jojoba), Inula helenium (Inula)

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.

**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.*

I Imagine

chakra blend 10ml

As our most spiritual chakra, the Crown Chakra is beyond time and place. It is where our spiritual essence enters the physical body, and when we die a natural death, where it will exit the body.*

We receive Divine guidance and protection through the Crown Chakra. The Crown Chakra is where we receive inspiration that can then pass to the Third Eye Chakra to develop into a picture or visualization of that inspiration. Our inspiration becomes our dream.*

It is through the Crown Chakra that we experience a sense of wonder; where we are in awe of the world and the incredible beauty that is around us. The ability to imagine that which does not yet exist is a gift of the Third Eye Chakra. The great advances in science and invention all originated with the Third Eye in cooperation with the Crown Chakra.*

The Crown Chakra allows us to appreciate and experience gratitude for all we have and yet not get too attached to material possessions as we are spiritual beings having an earthly experience, not the other way around. Without a healthy functioning Crown Chakra we may feel abandoned by God and experience what is called the "Dark Night of the Soul".*

USES

aromatic

- **Inhalation:** Apply 1 to 3 drops to a tissue, cotton ball, or wrists and inhale as needed.*
- **Misting:** Add 10 to 12 drops to 4 ounces of distilled water in a cobalt blue glass spray bottle. Shake well before use. Mist around the Crown Chakra over the top of the head when you are in need of inspiration or Divine guidance. May also be used when experiencing relationship issues that may stem from lack of appreciation and gratitude.*

bath

- **Bath:** Thoroughly mix 12 to 15 drops into ½ cup Pink Himalayan or Dead Sea salts and dissolve into warm bath water. Soak 15 to 20 minutes for best results. If you feel alone in the world and that no one understands you, bathing in I Imagine will strengthen the Crown Chakra. Soaking in the I Imagine bath brings peace and connection to the Source, and a profound sense of being valued and care for.*

topical

- **Perfume/Cologne:** Apply 1 to 3 drops to pulse points as a perfume, alone or as a base to layer additional oils.*
- **Massage:** Apply 1 to 3 drops to the Crown Chakra area at the top of the head to feed vibrational frequency into the chakra.*

topical dilution guidelines

- Topical dilution for healthy individuals ages 10 and over is 10% (60 drops per 1 ounce of carrier oil).

goDesana

Product Information Page



application methods

Aromatic • Bath • Topical

safety group: 3

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ingredients

Boswellia carteri (Frankincense), Santalum album (Sandalwood), Canarium luzonicum (Elemi), Nardostachys jatamansi (Spikenard), Cananga odorata (Ylang Ylang Complete), Elettaria cardamomum (Cardamom), Rosa damascena (Rose), Commiphora myrrha (Myrrh), Pelargonium graveolens (Rose Geranium), Citrus paradisi (Pink Grapefruit), Cedrus atlantica (Cedarwood Atlas), Citrus sinensis (Blood Orange), Simmondsia chinensis (Jojoba), Cocos nucifera (Fractionated Coconut)

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.

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