

# 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.

\*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.