

# 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

- 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

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

*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.*