

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

- 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

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

- 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.*