

# 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

- 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

*Nardostachys jatamansi (Spikenard), Citrus sinensis (Orange, sweet), Lauraa 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 anuum (Tanacetum Annuum), Citrus paradisi (Grapefruit, pink), Lavandula angustifolia (Lavender Vera), Citrus reticulata (Tangerine), Aniba rosaeodora (Rosewood), 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.*