

Prayer of Saint Francis

meditative blend 5ml

Lord, make me an instrument of your peace.

*Where there is hatred, let me sow love; where there is injury, pardon;
where there is doubt, faith; where there is despair, hope;
where there is darkness, light; where there is sadness, joy.*

O, Divine Master,

*grant that I may not so much seek to be consoled as to console;
to be understood as to understand; to be loved as to love;
For it is in giving that we receive; it is in pardoning that we are
pardoned; it is in dying that we are born again to eternal life.*

The Prayer of Saint Francis is a bold one, asking for strength to give of ourselves to meet the needs of others. It is in giving that we receive; as we give of ourselves, we receive peace and blessings.

Think about the situations you are involved in and restore peace to the soul with this spiritual, meditative blend.*

USES

aromatic

- **Diffusion:** Diffuse 10 to 15 drops in a cool mist essential oil diffuser.*
- **Misting:** Mix 6 to 8 drops in a 2-ounce amber glass or PET plastic spray bottle of distilled water. Mist around yourself, front and back, when when feeling disconnected, insecure, fearful, judgmental, and in need of peace. Can be used throughout your environment to create a frequency of peace and giving. Shake well before each use.*

bath

- **Bath:** Add 10 drops to ½ cup of bath salts, and add to your bath. Soak 10 to 20 minutes for best results. While soaking say a prayer or affirmation to overcome past or present trials and tribulations and move to a place of peace and acceptance. The Prayer Of Saint Francis bath will allow you to feel connected to God's bigger plan for your life. For intensive therapy, soak once a day; if you can't do a full bath you can do a foot soak instead.*
- **Foot Soak:** For a foot bath, add 5 to 8 drops to ½ cup of bath salts, and soak feet 10 to 20 minutes.*

topical

- **Feet:** Apply 1 to 3 drops to the sole of each foot. A powerful way to instill the faith needed to move forward and do whatever is necessary to fulfill your destiny.*
- **Massage/Lotion:** Add 8 to 10 drops to your favorite unscented lotion or a carrier oil and use after a bath to nourish and moisturize the skin.*
- **Pulse Points:** Apply 1 to 2 drops to one or more pulse points during prayer, reflection, and affirmations.*

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

Lavandula angustifolia (Lavender Vera), Nardostachys jatamansi (Spikenard), Boswellia carteri (Frankincense), Santalum album (Sandalwood), Commiphora myrrha (Myrrh), 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.*