

beCAPABLE

beCapable reminds us that we have, within ourselves, the ability to do whatever we set our minds to.

beCapable blend helps to protect you within your own energy field. It is nurturing to the spirit and protective of the soul.

NURTURING, SPIRITUAL, STRENGTHENING

It can help you be solid, steadfast and grounded in what you are doing allowing you to make steady progress towards your goals.

This blend contains some of the highest frequency oils, allowing you to connect to spirit and continue down your chosen path with the guidance needed to arrive where you were meant to be.

beCapable blend helps the heart to feel safe and secure, while allowing the mind to flow and adapt to changes that must be faced. When faced with feelings of insecurity and vulnerability beCapable blend grounds you and helps you to remember you are capable and spirit lead.

Available in: 5ml Bottle

suggested uses

BATH

- Add 6 to 12 drops in ½ cup of Vitality Bath Salt and soak in a warm bath, allowing yourself to be surrounded by security and nurturing from beCapable blend.

INHALATION

- Apply 2 drops to a tissue and inhale as needed to calm the heart and balance the emotions when feeling insecure or vulnerable. Diffuse 10 to 15 drops in your water mist diffuser and mist into the environment for added benefit.

MISTING SPRAY

- You can create a spray mister with 10 to 12 drops of beFree blend in 4 ounces of distilled water in a blue cobalt spray bottle. Shake well before using. Mist around yourself or into the environment as needed to yourself to provide a high frequency energy that inspires feelings of protection and being cared for.
- 5 to 6 drops in 2 ounces of distilled water in a cobalt blue glass spray bottle. Shake well before use. Carry with you to share with friends or family or as a mentoring tool for your team and to sample out to potential clients.

TOPICALLY

- Apply as a perfume to the pulse points, over the heart or where desired.
- Apply 1 to 2 drops over the Heart Chakra your center for spiritual strength and unconditional love.
- Apply 1 drop on the Third Eye Chakra to increase intuitive guidance.
- Apply 1 to 2 drops to the Crown Chakra to be open to receiving guidance and to recognize messages when you receive them and not dismiss them as coincidence. Connection to the Divine.

RESPONSIBLE CAUTIONS

- Non-toxic, non-irritating and non-sensitizing.



Success Mentoring

ingredients & attributes

100% pure, therapeutic grade, certified organic and/or wild-crafted essential oils of Neroli, Vetiver, Elemi, Palmarosa, Rose, Lavender, fine; Geranium, Patchouli, & Fractionated Coconut Oil.

NEROLI

A remarkable tonic for the nervous system, and anti-depressive and anti-anxiety properties.

VETIVER

Known as the oil of tranquility, it has a tonic, calming effect on the nervous system and is said to be deeply relaxing.

ELEMI

Brings balance to both the spiritual and emotional planes; aligns the chakras and relieves stress to the body.

PALMAROSA

Calming and at the same time uplifting, with the ability to clear muddled thinking.

ROSE

One of the best choices for balancing the psyche and harmonizing emotional upset.

LAVENDER FINE

A wonderfully versatile and incredibly valuable oil known for its nurturing energy and powerful yet gentle action.

GERANIUM

One of the best oils for easing anxiety and depression.

PATCHOULI

Known to help with frigidity, nervous exhaustion, and stress-related issues.



QUALITY ASSURANCE

All goDésana essential oils are 100% Pure Therapeutic Grade that are Certified Organic and/or Wild-Harvested. They are sourced, formulated and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents and GC/MS Chromatography Documents, are sent to Alexandria for her approval prior to being shipped to goDésana.

