

# Cougar Essence

## East | Supporting Full Spring

The Cougar, as the largest cat in North America, is one of the most powerful and fastest cats, able to leap over 40 feet. With Cougar Essence, it is a time of coming into our own power, a time of trusting our intuition and instincts. Cougar can help us to develop self-motivation; to bring success and leadership into our lives. In order to own our own power, we need to know what that power is.

Young Cougars learn through trial and error how to manage their power. We must do the same; try out our skills and talents, and develop and use them to our advantage. We must stretch ourselves, leap to the next level, act aggressively, and jump on opportunities when they present themselves.

**Cougar Lessons:** Embodied personal power, good instincts, self-motivation, able to become a leader, develop and hone our unique abilities and gifts through trial and error, to push ourselves to the next level, ability to be quick and strong.

Too much Cougar and we would become overbearing and may exert our strength to have power over others. We may act too quickly and impulsively, without discernment, when opportunities present themselves.

Balance with the complementary opposite on the Circle of Vitality, Jaguar Essence.

## general uses

### LAYER ON HANDS OR FEET

- Use 2-4 drops on reflex points on either hands or feet.
- Use 2-4 drops on soles of feet or along the foot spinal reflex.

### BATH

- Not appropriate for the bath as it may cause irritation.

### INHALATION

- 1 to 2 drops on a tissue or cotton ball, or apply to the wrist and inhale deeply to increase your sense of personal power.
- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.

### MASSAGE/TOPICAL

- Apply 2-3 drops to the Heart Chakra, our center for spiritual strength and forgiveness, to remind us to act from the heart when expressing our personal power and to not be a bully.
- Apply 2-3 drops to the Solar Plexus for strength of will and for right action of our personal power.
- Apply 2-3 drops to the soles of the feet for courage to move forward.

### MISTING

- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into environment as desired. Close your eyes and mist around yourself when you need to express your personal power.

### PERFUME & COLOGNE

- For a safe, healthier alternative to synthetic fragrances, apply and layer 2-4 drops of Essential Oils on pulse points to create your own personalized signature scent.

## pregnancy

- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into environment as desired. Close your eyes and mist around yourself when you need to express your personal power.



**Personal Power; Leadership;  
Self-motivation**

## ingredients

*100% Pure, Certified Organic and Wildcrafted oils of Thyme ct. thymol, Tea Tree, Juniper Berry, Chamomile, roman; Bay Laurel, and Lemongrass*

## dilution guidelines

Topical dilution for healthy individuals ages 10 and up is 10%.

Dilution	Essential Oil	Carrier Oil
1%	6 drops	1 ounce
1.5%	9 drops	1 ounce
2%	12 drops	1 ounce
3%	15 drops	1 ounce
10%	60 drops	1 ounce

Remember that blends, because of the smaller percentage of the stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

## responsible cautions

- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at [www.godesana.com/cautions.asp](http://www.godesana.com/cautions.asp).
- Store away from sunlight, at room temperature, with lid securely tightened.

## availability

5ml Bottle



### QUALITY ASSURANCE

All goDésana Essential Oils are 100% Pure, Certified Organic and Wildcrafted. 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.

### DISCLAIMER

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 health care professional and you should seek the advice of your health care professional before undertaking any dietary or lifestyle changes. The material provided in this document is for educational purposes only.  
© 2011 Green Organics, LLC • © 2013 goDésana, LLC  
[www.godesana.com](http://www.godesana.com)