

I Feel

SACRAL (2) CHAKRA

The Sacral Chakra is located midway between the pubic bone and the navel. It functions at the frequency of orange. The Sacral Chakra radiates energy both from the front and from the back of the chakra.

The Sacral Chakra is our center of emotions and feeling. It is here we learned to express our emotions and to be sensitive to the emotions of other people. If taught as children that expressing our emotions is inappropriate behavior that results in criticism or punishment, we may have lost touch with how we truly feel about the important issues in our lives.

If we become disconnected from our feelings we may have difficulty expressing to others that we love them and others may view us as cold and unfeeling.

This may result in an inability to maintain intimate relationships. This type of damage causes considerable disruption and blockage to this chakra and its ability to function as a life support for the organs located within its area of operation, which includes all the reproductive organs. This may show up as reproductive issues such as infertility, PMS, impotence or frigidity, or lack of health of the reproductive organs themselves.

The Sacral Chakra is also our place of pleasure and joy. It is through this chakra that we develop our social behaviors and our joy in being with others; our friends and family ties start here. A life without joy and companionship is no life at all.

A healthy developed sense of self from the Root Chakra is necessary to the development of this chakra of relationships and pleasure.

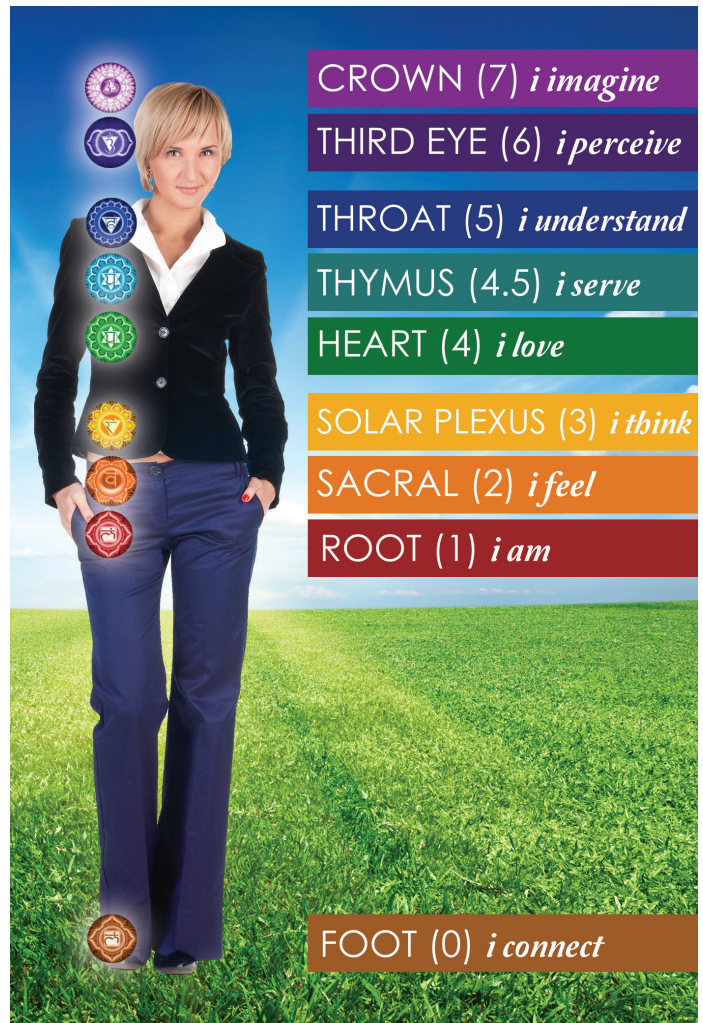
suggested usage

Bath

- When unhappy and alone in the world, bathing in I Feel will strengthen the Sacral Chakra, bringing about feelings of joy and connection to others.
- Add 10 to 15 drops of I Feel to ½ to 1 cup of Pink Himalayan or Dead Sea bath salts, and add to bath water. Soak 10 to 20 minutes for best results. For intensive therapy, soak once a day; if you can't do a full bath you can do a foot soak instead.
- For a foot bath, add 8 to 12 drops of I Feel to ½ cup of Pink Himalayan or Dead Sea bath salts, and soak feet 10 to 20 minutes for best results.
- Soaking will detox, nurture, and heal the Sacral Chakra.

Misting Spray

- Mix 12 to 15 drops in a 4 ounce cobalt blue spray bottle of distilled water. Mist around the lower abdominal area, front and back, when feeling alone and lacking joy and/or pleasure in life. May also be used when experiencing relationship issues that may stem from your inability to express your emotions. Shake well before use.
- Mix 6 to 8 drops in a 2 ounce cobalt spray bottle to carry with you; mist generously whenever you need emotional support and to give yourself permission to express your emotions. Shake well before use.



Topical

- Apply 1 to 3 drops to the inside and outside of each ankle over the reproductive foot reflex points. A powerful way to affect your Sacral Chakra
- Apply 1 to 2 drops to the Sacral Chakra area below the navel, and on the spine at the lower back directly across from the sacral application point in front. When applied to the chakra area, you are feeding vibrational frequency into the chakra providing warmth, nutrients, and strength.

availability

5ml Bottle





+ association

Color: Orange

Physical Location: Lower abdomen to the navel

Sympathetic Gland: Ovaries, Testes

Sympathetic organs and body parts: Sexual Organs, Colon

Sympathetic body systems: Digestion, Lymphatic System

Capacities: Emotions, social contact, sensation, pleasure, joy, movement, nurturance, optimistic, pride.

ingredients

100% Pure, Certified Organic and Wildcrafted oils of Elemi, Orange, blood; Cedarwood, atlas; Spikenard, Tangerine, Inula, Balsam Copiaba, Cistus, Mandarin, green; Tanacetum Annuum, Sandalwood, Frankincense, Rose, Jasmine, Neroli, Geranium, rose; Cypress, Patchouli, Coriander Seed, Ginger Root, Rosewood, and Jojoba

chakra 2 (sacral) the right to feel

“Stop your crying, you have nothing to be upset about!” “You have no right to be angry.” “How can you express your emotions like that?” “You should be ashamed of yourself!” These kinds of injunctions infringe upon our right to feel. A culture that frowns upon emotional expression, or calls someone weak for having sensitivity, also infringes on this basic right. A corollary of this right is the right to want. If we can't even feel, it is very difficult to know what we want.

supporting blends

- **BeWorthy:** To feel worthwhile as a person, to release self-defeating feelings about yourself.
- **Bathsheba:** To let go of shame or dishonor and forgive yourself and others.
- **Sesso Dolce:** To promote pleasure and a deep connection in physical lovemaking, allowing for a healthy sense of joyful caring and satisfaction.
- **Moon:** Connection to the feminine side of our nature, allowing us to express our feelings.
- **Sun:** Connection to the masculine side of our nature, allowing us to take action on our feelings.
- **Bear:** Representation of the feminine healer, mother, and protector. She walks with grace, power, and wisdom and can empower you to do the same.

postnatal chakra development

CHAKRA 2 (Sacral): Six to Twenty-four Months

The next stage has its beginning at birth, but comes into the forefront between ages one and two. This is the stage of experiencing “other”; of sensation, and of emotions. It is also the time when children become mobile and start to explore the world through their senses. Beyond survival, the child needs to feel loved, experience pleasure at being alive, and have a pleasant and stimulating array of sensations to explore such as colors and sounds, textures and tastes, and nurturing, non-invasive touch from parents and care-givers.

pregnancy & children

- Children ages 2 years and up - safe when used as directed
- Pregnancy - safe when used as directed

responsible cautions

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

goDésana organics
feel the difference

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QUALITY ASSURANCE

All oils from goDésana Organics are 100% pure and therapeutic, meaning they are sourced and approved by Alexandria Brighton to the highest standards possible. Our Essential Oils are chosen for their integrity (all chemical constituents important for use are intact), ecological 'soundness' (all are organic or wildcrafted), and the specific chemical constituent percentages that Alexandria Brighton insists upon for efficacy and safety.

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