

# I Serve

## THYMUS (4.5) CHAKRA

The Thymus Chakra is located just above the Heart Chakra and just below the collarbone, over the thymus gland. It is made of two lobes that join in front of the trachea. It functions at the frequency of Turquoise. The Thymus Chakra radiates energy both from the front and from the back of the chakra. The thymus grows larger until puberty, and then begins to shrink. It produces thymosins, hormones that stimulate the development of antibodies, and T-lymphocytes, the white blood cells that fight infection and destroy abnormal cells. These white blood cells are the body's immune system and protect the body by producing antibodies that stop the invasion of foreign agents, bacteria, and viruses.

The Thymus Chakra is a relatively new Chakra as far as its activity and importance are concerned. It is sometimes referred to as the High Chakra as it has many similarities to the function and purpose of the Heart Chakra. It takes the unconditional love of the Heart Chakra and directs it to the community at large. The Thymus Chakra is a point on the body where a large proportion of the meridians can be reached both directly and indirectly. The Thymus Chakra also extends our care to the environment and to plants and animals that are endangered. Through the Thymus Chakra we come to know we are all connected and that what happens to one happens to all. Mother Teresa is a good example of someone who worked through her Thymus Chakra. She said you can't help everyone, but you can help one. This philosophy allowed her to help 42,000 sick, dying, and forgotten people... one person at a time.

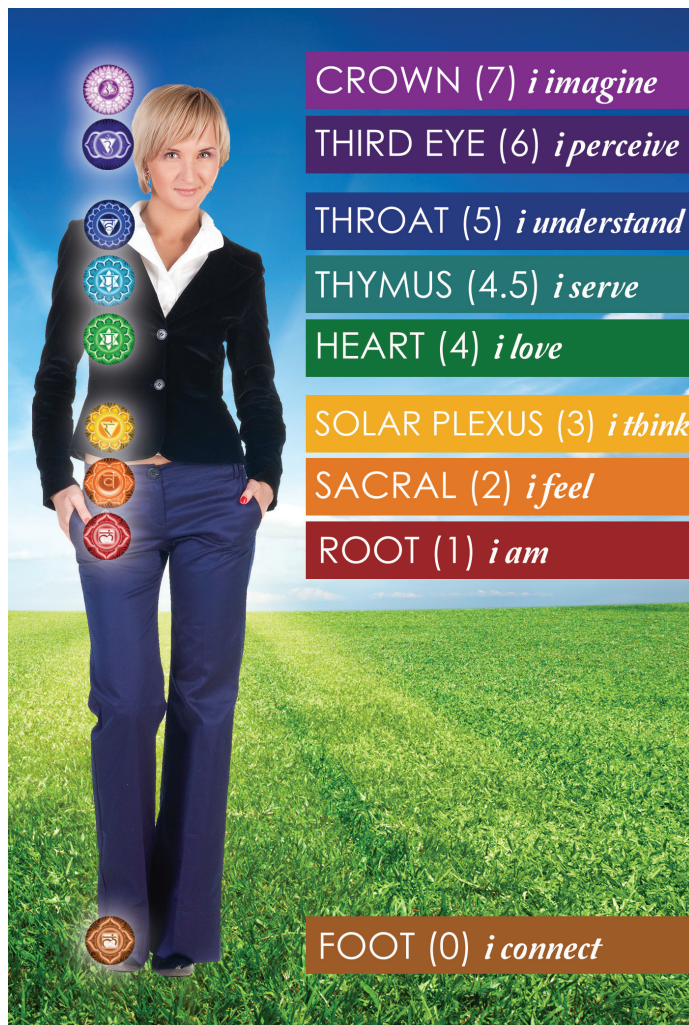
### suggested usage

#### Bath

- If you feel disconnected from those around you, bathing in I serve will strengthen the Thymus Chakra; it is through service to others that we build our health and longevity.
- Add 10 to 15 drops of I Serve to ½ to 1 cup of Pink Himalayan or Dead Sea bath salts, and add to bath water. Soaking in the I Serve bath warms and energizes the Thymus Chakra, creating a feeling of connection to the earth and all life on it. 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 Serve 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 Thymus Chakra.

#### Misting Spray

- Mix 12 to 15 drops in a 4 ounce cobalt blue spray bottle of distilled water. Mist around the thymus area, front and back, to create feelings of care and concern for others, and to experience a deep connection to the earth and all life. Or when experiencing grief over man's inhumanity to man. Remember, you can help. May also be used when experiencing relationship issues that may stem from your lack of care and concern for others. Shake well before use.
- Mix 6 to 8 drops in a 2 ounce cobalt spray bottle to carry with you; mist generously whenever you have an opportunity to assist someone in need to provide you the emotional support to give of yourself, your resources, and your time. Shake well before use.



#### Topical

- Apply 1 to 3 drops of I Serve to the pulse points on the wrists. A powerful way to affect your Thymus Chakra by way of the Heart Chakra as the meridian for the heart runs through the wrists.
- Apply 1 to 2 drops I Serve to the Thymus Chakra area in the depression between where the collarbones meet, and on the spine about 1 inch below the base of the neck directly across from the thymus 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:** Turquoise

**Physical Location:** Just below the Heart Chakra and just below the collarbone over the thymus gland

**Sympathetic Gland:** Thymus

**Sympathetic organs and body parts:** Heart, Arms, Thymus, Breasts

**Sympathetic body systems:** Circulatory System, Immune System

**Capacities:** Personal will, ego, logical, left-brained thinking, separation, self-control, planning, analysis, change

## ingredients

*100% Pure, Certified Organic and Wildcrafted oils of Rose, Sandalwood, Myrrh, Lavender, fine; Mandarin, green; Patchouli, Marjoram, sweet; Grapefruit, pink; Palmarosa, Clary Sage, Ylang Ylang Complete, Geranium, rose; Jasmine, and Jojoba*

## chakra 4.5 (thymus) the right to serve

The eighth chakra is linked to the fourth or Heart Chakra. In many circles only seven chakras are listed. More recently, the Thymus Chakra is now being recognized as an energy center in its own right, creating a total of eight chakras. It is positioned between the heart and throat chakras over the thymus gland; hence its name. It is, like the Heart Chakra, focused on relationships and love, but emphasizes more the general public and group relationships rather than individual relationships. Thus its association with humanitarian work; giving of one's self for a group or community.

## supporting blends

- **Wolf:** Wolves live in a family or pack where each member knows how they fit into the family. Every wolf cares for and supports the wellbeing of the entire family. We can learn from their loyalty, protection, and care-giving examples of how intimate families and groups can succeed.
- **Ruth:** Ruth is the perfect teacher of how to love and care for someone more than yourself; to put the needs of another before your own. She demonstrated great love and received love and devotion in return. Let the love of Ruth touch your heart and open you to the love all around you.
- **beFree:** To be free of attachments, jealousy, addiction; all the things we need to let go of in order to not be co-dependent in our relationships.
- **Compassion:** It is important in all relationships that we can find it in our hearts to forgive hurts. Without true compassion it is difficult to let the hurt go. Compassion soothes old wounds and opens space for forgiveness to happen.

## postnatal chakra development

### CHAKRA 4.5 (Thymus): 6 to 12 Years

A newly active chakra which develops during the time between the heart and the crown chakra. This chakra represents our ability for unconditional love and compassion not just for family and loved ones but for all people. This chakra's mission is to usher in the age of peace and enlightenment to which we are headed. Without its healthy function, man would be unable to live in peace and harmony with all of mankind and nature. This chakra's development provides our ability to be of service to others.

## 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](http://www.godesana.com/cautions.asp).
- Store away from sunlight, at room temperature, with lid securely tightened.

The logo for goDésana organics features the brand name in a purple serif font with a green leaf icon above the 'e' in 'Désana'. Below the name is the tagline 'feel the difference' in a smaller, green, lowercase sans-serif font.

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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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