

I Understand

THROAT (5) CHAKRA

This chakra is conservative and passive. It contains memories from the past which we use to interpret and understand the present.

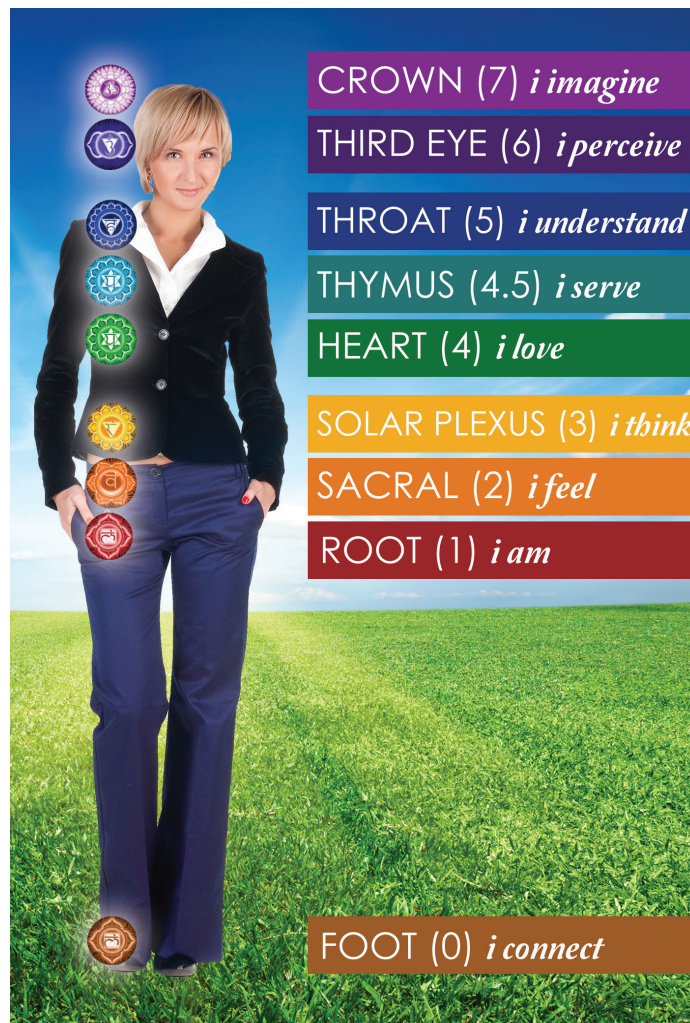
The Throat Chakra is damaged by lies, ugly surroundings, violence, and abuse, both physical and verbal.

This Chakra is a Chakra of peace and cannot stay healthy in an abusive environment. Any loss of personal integrity also damages the Throat Chakra and its ability to communicate.

It is here that we learn to speak up for ourselves and others, to say our truth; what we stand for and what we will fight for.

Many people who are great speakers and inspire heroism in others are operating from a healthy Throat Chakra. The more you speak your truth the healthier this Chakra becomes.

Through the Throat Chakra we communicate to others and receive communication in return from others. It's where we develop understanding toward others and their beliefs.



suggested usage

Bath

- If you feel you are not being heard, bathing in I Understand will strengthen the Throat Chakra and help you communicate with others. Soaking in the I Understand bath brings peace and understanding to the Throat Chakra.
- Add 10 to 15 drops of I understand 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 Understand 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 Throat Chakra.

Misting Spray

- Mix 12 to 15 drops in a 4 ounce cobalt blue spray bottle of distilled water. Mist around the neck area, front and back, when you're going to give a presentation or other form of communication where it is important for you to speak up and be understood by others. May also be used when experiencing relationship issues that might stem from lack of communication. 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 to speak up and be heard. Shake well before use.

Topical

- Apply 1 to 3 drops of I Understand to the Throat Chakra area on the neck and on the back of the neck directly across from the throat application point in front. After application try humming, singing, or speaking aloud a truth for only your ears.
- When applied to the chakra area, you are feeding vibrational frequency into the chakra providing warmth, nutrients, and strength.

availability

5ml Bottle





+ association

Color: Blue

Physical Location: Just below the Adam's Apple

Sympathetic Gland: Thyroid

Sympathetic organs and body parts: Para-thyroid, Throat, Ears

Sympathetic body systems: Respiration, Venous Blood

Capacities: Communication, truth, integrity, concept memory, peace, conservative, passive, certainty, conformity, hero worship

ingredients

100% Pure, Certified Organic and Wildcrafted oils of Spikenard, Orange, sweet; Bay Laurel, Sandalwood, Myrrh, Ylang Ylang Complete, Sage, Rose, Spruce, black; Tanacetum Annuum, Grapefruit, pink; Lavender, fine, Tangerine, and Rosewood

chakra 5 (throat) the right speak and hear truth

Difficulty here occurs when we are not allowed to speak in our family. "Don't talk to me like that, young man!" This includes not being heard when we do speak, and/or not being spoken to honestly. When we are denied expression, told to keep secrets, or maintain family lies, our fifth (throat) chakra shuts down. When we are criticized for our attempts to speak, or have our trust violated around communicating private material, we gradually lose contact with our right to speak.

supporting blends

- **bePrepared:** In our chakra of communication, we must always be prepared to share our ideas, thoughts, and beliefs in a way that they can be received and understood by others. This blend helps you to organize your information and find the best way to present it.
- **Rahab:** Rahab demonstrated honor, faith, and right action in times of great peril. She demonstrated that with faith in yourself and God you can bring honor out of shame and that if you have courage to speak up you can ask for what you want and if it is right, all things are possible.
- **Spiritual Warrior:** This blend gives the strength and courage to stand up for what we believe in and take action when necessary. Gives courage when you need to speak your truth but feel afraid to do so.
- **Teacher:** To be a teacher is to pass information and guidance on to others. We teach by example, by the words we speak, and by what we write. To build a business you need to teach the customers what you have to offer and teach your business associates how to inform the public about your business. In one way or another we are all teachers; Teacher can help you be more aware of what you are teaching and to be a more effective teacher.

postnatal chakra development

CHAKRA 5 (Throat): 6 to 10 Years

The social identity that develops in the previous years expands at this time through creative expression. The child begins, through communication, to test their understanding of the world. It is important to support creativity without judgements, and to listen attentively and communicate honestly.

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.


feel the difference

Morrow, OH 45152 • 614.948.4409
www.godesana.com

QUALITY ASSURANCE

All oils from goDesana 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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