

MARY MAGDALENE

Woman of passion, intelligence, grief, and compassion

Mary Magdalene led a group of women who provided for Jesus and his followers from their own financial resources. She was the first person to witness the resurrection, a world-changing event. She is called 'Apostle to the Apostles' since the risen Jesus told her to 'go and tell'.

Ideas that go beyond the gospel presentation of Mary Magdalene as a prominent representative of the women who followed Jesus have been put forward over the centuries. Some have considered her as fulfilling a role similar to that of Simon Peter among the male disciples.

Mary Magdalene is considered to be a saint by the Catholic, Orthodox, Anglican, and Lutheran churches, with a feast day of July 22. Other Protestant churches honor her as a heroine of the faith. The Eastern Orthodox churches also commemorate her on the Sunday of the Myrrhbearers, the Orthodox equivalent of one of the Western Three Marys traditions.

suggested usage

BATH

One of the ways Essential Oils were most often used in the time of Mary Magdalene.

- Add 10 drops of Mary Magdalene blend to ½ cup of Clay Vitality or Vitality Bath Salts, and add to your bath. Soak 10-20 minutes for best results. If your fear issues are keeping you from your destiny, while soaking say a prayer or affirmation to overcome past or present fears and find courage to do what needs to be done. The Mary Magdalene bath will detox past fear imprints allowing courageous action to take place. 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 5-8 drops of Mary Magdalene blend to ½ cup of Clay Vitality or Vitality Bath Salts, and soak feet 10-20 minutes for best results.

MISTING SPRAY

In Mary Magdalene's time, Essential Oils and resins were burnt as incense for prayer and offerings. We can use the spray misters to send the Essential Oils into the air without the smoke.

- Mix 12-15 drops in a 4-ounce cobalt blue spray bottle of distilled water. Mist around yourself, front and back, when feeling insecure, fearful, and in need of courage to change your life. Can be used throughout your home or workplace to create a feeling of courage, purity, strength, and personal power. Shake well before use.
- Mix 6-8 drops in a 2-ounce cobalt blue spray bottle to carry with you; mist generously whenever you need extra support at work, or when away from home. May also be shared with a friend or family member in need of guidance, courage, and strength to follow their destiny.

TOPICAL

Applying to the head and feet was an important way to use Essential Oils in Mary Magdalene's time. Women were also known to apply Essential Oils to the entire body as a lotion since this was thought to enhance their connection to God and their spiritual life.

- Apply 1-3 drops to the sole of each foot. A powerful way to instill the courage and faith needed to move forward and do whatever is necessary to fulfill your destiny.
- Add 8-10 drops to goDésana Organics' Age Delay Hydrating Hand & Body Lotion or carrier oil and use after your bath to nourish and moisturize the skin.

responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Keep out of reach of children and pets.
- Use as directed and adhere to Responsible Cautions at www.goDesanaOrganics.com/cautions.asp.
- Store away from sunlight, at room temperature, with the lid securely tightened.
- Safe when used as directed after the second trimester of pregnancy.

Alexandria Brighton Collection
ESSENTIAL OILS



Spiritual Blends

ingredients

Davana, Sandalwood, Melissa, Rose, Jasmine, Neroli, Basil, sweet; Inula, Patchouli, Rosewood, Jojoba

pulse points

Apply neat to one or more pulse points during prayer, reflection, and affirmations.

1. Temporal Artery: Located just above the temple, on the sides of the head.
2. Carotid Artery: Located on the side of the neck above the clavicle.
3. Brachial Artery: Located on the inside of the arm above the elbow.
4. Radial Artery: Located on the wrist.
5. Femoral Artery: Located in the inside front of the leg where it joins the pelvis.
6. Posterior Tibial Artery: Located on the foot behind the ankles.
7. Dorsalis Pedis Artery: Located on the top of the foot.

availability

5ml Bottle



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.

DISCLAIMER

goDésana Organics products have not been evaluated by the FDA and are not intended to treat, diagnose, cure, or prevent any disease. They are not intended as a substitute for the advice or medical care of a qualified health care professional. Seek the advice of your health care professional before undertaking any dietary or lifestyle changes.

©2012 Alexandria Brighton, Brighton Institute of Botanical Studies