

iAM

This is our instinctive Chakra which is responsible for our will to survive and our ability to succeed in the material world. When the Root Chakra is healthy, we establish the sense of "I Am". We have trust in the world and are able to succeed in the material world.

**SELF,
VITALITY,
SPIRITUAL**

Damage to this Chakra may produce a life of struggle and hardship in which we are not successful in the material world.

We may struggle to meet even the most basic of needs such as food, housing, transportation, and to earn an adequate living.

The Root Chakra is our connection and ground to the Earth. It is from the grounding this Chakra provides that we fully occupy and live within the body.

Without this grounding, we tend to live from a mental perspective and are not as open to messages from the body such as pain, tumors, tiredness, and generally feeling unwell until we become seriously ill.

Available in: 5ml Bottle

suggested uses

The Root Chakra is the base of all other Chakras. When the Root Chakra becomes unbalanced, the rest of the Chakras become unstable as well.

BATH

- Add 10 to 15 drops of iAM to ½ to 1 cup of Pink Himalayan or Dead Sea bath salts, and add to bath. Soak for 10 to 20 minutes for best results.
- For a foot bath, add 8 to 12 drops of iAM blend to ½ cup of Pink Himalayan or Dead Sea bath salts, and soak feet for 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.
- Soaking in iAM can help to reestablish your sense of grounding to the earth. It will detox, nurture, and heal the Root Chakra.

DIFFUSION

- Diffuse 10 to 15 drops in your water mist diffuser and mist into the environment.

MASSAGE

- Add 5-10 drops to 1 tbsp of carrier oil and massage into skin using a clockwise motion.

TOPICAL

- Apply 1 to 3 drops to the sole of each foot; a powerful way to ground your Root Chakra.
- Apply 1 to 2 drops to the bottom of the spine on the lower back or to the inside of the upper thighs. The Root Chakra extends several inches from the body and it is not necessary to apply to the genital area.
- When applied to the Chakra area, you are feeding vibrational frequency into the chakra providing warmth, nutrients, and strength.

MISTING SPRAY

- Mix 12 to 15 drops in a 4 oz cobalt blue spray bottle of distilled water. Mist around the hip area front and back when feeling insecure about financial matters or other survival issues.
- Mix 6 to 8 drops in a 2 oz cobalt spray bottle to carry with you; mist generously whenever you need extra support at work, or if unemployed to help you get a job. Shake well before use.

RESPONSIBLE CAUTIONS

- Non-irritating, non-sensitizing; for topical and aromatic use only.
- Keep out of reach of children and away from the eyes.
- Store at room temperature with lids securely tightened; keep away from sunlight.



ROOT (1)

ingredients

Certified Organic and/or Wild Harvested Essential Oils of Rose Damascene, Myrrh, Vetiver, Mandarin, green; Spikenard, Palmarosa, Lavender Fine, Ylang Ylang Complete, Neroli, Jasmine, & Geranium

The Root Chakra is located between the legs in the genital area, it radiates down towards the earth.

It functions at the frequency of Red.

Thoughts of red color are needed when balancing, as the color of red shines at the ending part of the spinal cord.

Supported by the Foot Chakras which can act as a Sub-Root Chakra for purposes of grounding, nurturing, and release of negative energy.

Supporting Blends

beCapable, Prosper

- Apply 1 to 3 drops over the Root Chakra.
- Use as misting sprays.



QUALITY ASSURANCE

All goDésana essential oils are 100% Pure Therapeutic Grade that are Certified Organic and/or Wild-Harvested. 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.

