

Women Of The Bible



*Alexandria Brighton Collection
of Essential Oils*

Women Of The Bible

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Original text

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Original Women Of The Bible Artworks

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Eve's Daughter

Women The World Over

Who Is Eve's Daughter?

She is all of us; daughters, mothers, grandmothers the world over.

Eve's very name meant 'Mother of all who have life.'

Therefore, every woman today can be Eve's Daughter.

How did God regard woman?

Keep in mind Eve was the last living thing called into existence.

Unlike Adam who was made from the dust of the earth, Eve was made of flesh and bone by the very hand of God.

We are told that she was to be Adam's partner and to complete him and in God's final act of creation – Eve – his creation was complete.

Eve was God's final gift to the world and that gift passed on to us in the form of the gift of co-creation of life.

After thousands of years of masculine dominance, it's time for the restoration of the feminine/masculine balance as was the plan for Adam and Eve from the time of creation.

Both masculine and feminine need the energy of the other in order for the fullness of God's creation to come into existence.

Each of us, man and woman, has a part to play in this restoration.

As we learned from the six extraordinary women we have studied, God shows up in unexpected places, to move in unexpected ways, through those who were open to their destiny.

We can expect him to do the same through us.

As one person put it, we are not accidents going somewhere waiting for life to happen, we are blessings going somewhere with intent, making things happen!

Indigenous cultures the world over recognize the value of their women; it is time we in the modern, developed world do the same.

We would do well to understand this Cheyenne proverb:

"A nation is not conquered until the hearts of its women are on the ground. Then it is done, no matter how brave its warriors or how strong their weapons."

We are a part of the bigger plan and we each have a destiny to fulfill if this plan is to come to fruition.

Our planet is on the brink of ecological destruction; countries are on the brink of war; and men, women, and children worldwide are starving and ravaged by war.

Eve's Daughters, each of you, have the ability to make a difference, to restore balance. Not by force or politics, but by being who we are and by how we choose to live our lives.



The world today needs women of all ages, of all races, and all religions to unite in service.

Physician Rachel Naomi Remen, a midlife woman who is medical director of the Commonwealth Cancer Help Program in Bolinas, California, and author of *Kitchen Table Wisdom*, writes about the difference between service as a form of connection with life, and service that is a veiled form of judgement; a statement that someone is broken and needs fixing.

"In fixing there is an inequality of expertise that can easily become a moral distance. We cannot serve at a distance.

We can only serve that to which we are profoundly connected; that which we are willing to touch. This is Mother Teresa's basic message. We serve life not because it is broken but because it is holy."

The opportunities to serve are all around us constantly.

We can serve every day by the hundreds of small choices we make, by finding a higher ground when dealing with conflict, to care a little more, to give a little more, and to do what we do best, talking with and relating to other women.

Every interaction is an opportunity to serve, to share love and goodwill. Sharing love and goodwill is not a one-way street, what we give away comes back to us.

In terms of health, the gift of giving results in a stronger immune system, fewer illnesses, and a longer life. As a health strategy alone, service to others makes sense. Every act of kindness and compassion towards others is multiplied when they, in turn, pass it on. One by one, the world becomes a better place. Service is indeed the gift that keeps on giving.

The Women of the Bible are the perfect companions to give encouragement, inspiration, and hope on our journey of service.

They have led the way, now we must follow. The self-esteem generated by service to other keeps hopelessness from taking root.

From a spiritual perspective, service is a good working definition of spirituality in action.

Without others, we wouldn't have the opportunity to become better human beings.

Study Guide

As Eve's Daughters (and Sons) we need to ask ourselves, "How are we exemplifying the teachings we have learned during the study of Women of the Bible?"

Here are some important questions to consider:

1. *What if you worked at being a better friend?*

- Over time we know any friendship can suffer from differences of opinion, hurt feelings, and neglect. Think what you can do to improve your friendships.
- Strive to repair friendships as soon as possible while there is still the love for each other. Many friendships grow stronger from shared adversity and pain. Choose to focus on the love, not the hurt.

2. *What if you truly learned to forgive?*

- Lack of forgiveness creates a dark place within the heart that prevents you from experiencing the perfect state of happiness that is your birthright.

To be unforgiving is like taking poison and expecting the other person to die.

"Be kind and merciful, and forgive others, just as God forgave you because of Christ." (Ephesians 4: 32)

3. *What if you actively strive to love others as you love yourself?*

- When you truly love another as yourself, you will actively seek what is best for them.
- How you see and treat others has a lot to say about your state of integrity. We see this demonstrated often in the workplace. Do you love your employer as yourself or is it all right to "borrow" a few things from work that no one will miss?

4. *What if you did your very best to live at peace with everyone?*

- Imagine a day without second-guessing someone's actions. No backstabbing gossip, no shifting blame to someone else, and especially letting go of the need to be a "pot-stirrer" when you know of ongoing conflicts involving someone you are talking to.
- When upset, do not throw the first stone. You have no way of knowing what lies in another's heart. Attacking another puts them in a defensive and thus adversarial position in which peace is not an option.

Study Guide

5. *What if you learned to recognize the power in the words you speak to create good or evil?*

- You create evil when you lash out in anger.

Let a little time pass so you can cool down before you speak to someone who has angered you.

- You create evil when you talk about someone behind their back.

Sending negative thoughts to someone is the same as talking about them.

- You create evil when you use passive-aggressive tactics like sarcasm, inappropriate teasing, and bad jokes at someone's expense as a way to verbally attack them.
- You create good, when you apologize and ask for forgiveness when needed.
- You create good when you offer heartfelt compliments and sincere best wishes to friends, family, acquaintances, and strangers alike.
- You create even more good for yourself when you sincerely, with the highest and best intention, wish good for your enemies.
- Keep in mind, one way or another, your words will impact others for better or worse, your choice.

By putting a bit into the mouth of a horse, we can turn the horse in different directions. It takes a strong wind to move a large sailing boat, but the captain uses a small rudder to make it go in any direction. Our tongues are small too, and yet they brag about big things.

It takes only a spark to start a forest fire! The tongue is like a spark. It is an evil power that dirties the rest of the body and sets a person's entire life on fire with flames that come from hell itself.

All kinds of animals, birds, reptiles, and sea creatures can be tamed and have been tamed. But our tongues get out of control. They are restless and evil, and always spreading poison.

My dear friends, with our tongues we speak both praise and curses. We praise the Lord and Father, and we curse people who were created to be like God, and this isn't right. (James 3:3–10)

Study Guide

6. What if you learned to let go of the need to judge others?

- Whenever you feel the need to judge someone or point out their flaws, you need to remember to first look at your own flaws and weaknesses.

You need to keep in mind that judgment is not your job, and God doesn't need your help in this matter.

Don't condemn others, and God won't condemn you.

God will be as hard on you as you are on others!

He will treat you exactly as you treat them.

You can see the speck in your friend's eye, but you don't notice the log in your own eye. How can you say, "My friend, let me take the speck out of your eye." When you don't see the log in your own eye?

You're nothing but show-offs! First, take the log out of your own eye; then you can see how to take the speck out of your friend's eye. (Matthew 7:1–5)

7. What if... (choose your own principle from the stories of the Women of The Bible)?

We invite you to join the Women Of The Bible in meditation, in prayer, and in action to be part of the change.



Eve's Daughter Essential Oil Blend

Ingredients

100% pure, therapeutic grade, certified organic and/or wild-crafted oils of Geranium, Pink Grapefruit, Jasmine, Lavender Fine, Green Mandarin, Pink Lotus, Myrrh, Blood Orange, Tamar, Rahab, Ruth, Bathsheba, Mary, and Queen Esther.

Exotic Oil - Pink Lotus

Botanical Name: Nelumba nucifera | **Country of Origin:** India

Pink Lotus is the most floral of all the three lotuses with a softer fragrance than either White or Blue Lotus. At first impression the fragrance is slightly herbal and green, but then its deep floral heart note emerges and lingers.

A very precious and expensive oil, it takes 75,000 to 100,000 blossoms to make a single kilo of absolute. Once the blooms open, they must be picked on the third day to have maximum potency.

Scripture tells us that it first bloomed with the creation of the Universe. It is considered a sacred flower in Hinduism and Buddhism. The Yogis describe the chakra system in terms of seven lotuses. Whenever Buddha was shown delivering an important sermon, he was shown sitting on a lotus pedestal. Buddhist scripture identifies lotus with fragrance, purity, delicateness and beauty.

Pink lotus absolute enhances feelings of love, harmonizes relationships and brings spiritual growth. It is used to heighten the spiritual experience during meditation by soothing the mind, calming the emotions and promoting kindness, understanding and forgiveness.

Many believe the Pink Lotus is a transitional flower, here now to help us transition from one cycle to the next. Since we are in a Shift now, this will be an important vibrational fragrance to allow us to shift from a masculine dominate world to a co-creative world of feminine/masculine balance.

We must each be open to making our own conscious transition; to be the change we want to see in the world.

Pink Lotus oil has an especially high frequency and is used to exalt this blend.



Topical

Applying to the head and feet was an important way to use essential oils in Biblical times. Women also were known to apply essential oils to the entire body as a lotion; this was thought to enhance their connection to God and their spiritual life.

- Apply 1 to 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 just as Tamar did. This also helps to give energy to the Root Chakra our center of personal survival.
- Add 9 to 12 drops per ounce of goDésana body lotion and use after your bath to nourish and moisturize the skin while surrounding your body with the spiritual essences of Tamar, Rahab, Ruth, Bathsheba, Mary, and Queen Esther.

Chakra



Apply 1 to 3 drops to the Root Chakra, our center of personal survival.



Apply 1 to 2 drops on the Sacral Chakra, our center of joy and feeling, and connect to Bathsheba, who suffered, was forgiven and was rewarded as the mother of King Solomon.



Apply 1 to 2 drops to the Solar Plexus Chakra, our center of planning and strategy, and connect with Queen Esther, who used her intelligence to save a nation of people.



Apply 1 to 2 drops to the Heart Chakra and know that you are not insignificant to God, that you are loved and cared for. Connect with Ruth, who so loved Naomi, that she put her needs above her own and, as a result, found love and a child of her own.



Apply 1 to 2 drops to the Throat Chakra, our center for truth and honor, and connect with Rahab, who spoke the truth of God to the spies sent to Jericho.



Apply 1 to 2 drops to the Thymus and Third Eye Chakras, our centers of service and intuition. Remember, you are Eve's Daughter and have a destiny only you can fulfill.



Apply 1 to 2 drops to the Crown Chakra, our personal connection point to the divine guidance and protection that we receive from God. Connect with Mary, who was given God's greatest gift by remaining open to his Divine guidance.

Bath

One of the ways Essential Oils were most often used in Biblical times.

- Add 10-15 drops of Eve's Daughter blend to ½-1 cup of Pink Himalayan or Dead Sea bath salts and mix into your bath; soak 10-20 minutes for best results.

Soaking in the Eve's Daughter bath can help to reestablish your sense of connection to God and knowing that you have a destiny waiting to be fulfilled. The Eve's Daughter bath will detox past fear and uncertainty imprints allowing you to feel connected to God's bigger plan for your life.

If your fear issues or feelings of uncertainty 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.

- For a foot bath, add 8-12 drops of Eve's Daughter blend to ½ cup of Pink Himalayan or Dead Sea bath salts. For best results, soak feet 10-20 minutes.

Misting Spray

In Biblical times 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.
- Think of what it means to be Eve's Daughter; have faith in your ability to take right action when God gives you the opportunity. Can be used throughout your environment to create a frequency of courage, strength, and personal power. Shake well before use.
- Mix 6-8 drops in a 2 ounce cobalt 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.
- Diffuse 10-15 drops in your water mist diffuser and mist into the environment.

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Alexandria Brighton Collection

OF ESSENTIAL OILS

- Essential Singles
- Chakra Blends
- Christmas Blends
- Circle Of Vitality Blends
- Emotional Blends
- Health & Wellness Blends
- Oil Of The Month Club
- Romance Ready Blends
- Success Mentoring Blends
- WholeBody™ System
- Women Of The Bible Blends
- Carrier & Massage Oils

The goDésana Advantage

Since entering the world of aromatherapy well over 20 years ago, Alexandria Brighton has emerged as one of the foremost authorities on this ancient healing art.

In her capacity as an internationally recognized, certified French Medicinal Aromatherapist, formulator, Master Blender and educator of Essential Oils, she has formulated everything from medicinal to cosmetic blends for a variety of companies throughout the world.

Alexandria's relationships with medical aromatherapists and researchers around the world provide her with the most up-to-date information on the use, safety, and sourcing of therapeutic essential oils.



Alexandria's deeply intuitive nature, spiritual insights, wisdom and ability to process and integrate the information she gathers have set her apart as a cutting-edge educator in the field of aromatherapy.

Our Promise

All goDésana Essential Oils are 100% pure, therapeutic grade, certified organic and/or wild-crafted oils..

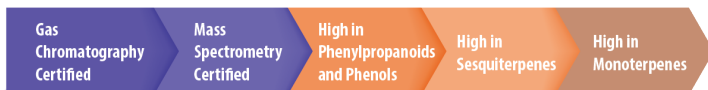
They are sourced, formulated, and approved by Alexandria Brighton.

Samples of all goDésana Essential Oils, along with the Material Safety Data Sheets, Mass Spectrometry Documents, Gas Chromatography Documents, and independent laboratory certification of purity are sent to Alexandria for her approval prior to being shipped to goDésana.

All goDésana Essential Oils are independently certified 100% pure, with no artificial, synthetic, or adulterated ingredients.

goDésana Raises The Essential Oil Bar

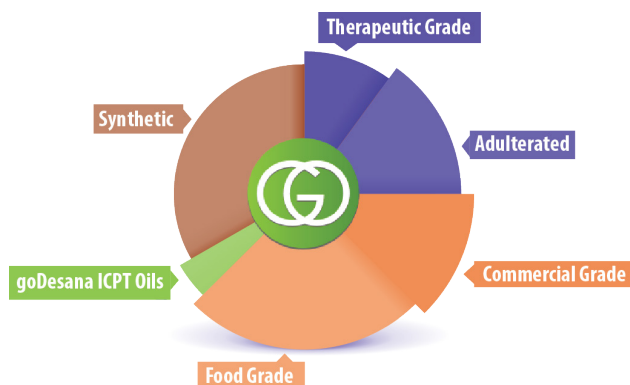
goDésana and Alexandria Brighton take extensive measures to assure that you receive the highest quality therapeutic grade Essential Oils available.



More often than not, the “Essential Oils” that are in so many products on the market are not derived from a plant, but from a test tube in a lab.

Or if derived from a plant (originally), they’re so diluted, extended, or adulterated that the marketable end result is anything but a therapeutic Essential Oil.

All goDésana Essential Oils are independently tested and documented for purity, authenticity, and therapeutic chemical constituent levels.



Our Selection Process

Alexandria Brighton has traveled the world, hand selecting many of the farms and distilleries according to her stringent guidelines.

Because of the relationships formed with distilleries, farms, and suppliers, she has the ability to source the very best ingredients from around the world, and has long standing contracts for their purchase year after year.

Therefore, much of what is left available to other companies to purchase is mid to low quality.

goDésana

healthy lifestyle products for the energetically aware

Membership Reward Program

Join the Membership Rewards Program (MRP) today for free, and instantly qualify to start earning product points that can be used like cash to purchase additional products and the opportunity to receive an exclusive "Try Me" product of the month!

The longer you participate the more product points you earn!

1-3 Months	4-6 Months	7-9 Months	10-12 Months	13+ Months
10%	15%	20%	25%	30%

**See full Terms & Conditions below.*

Highlights

- Easy, zero-hassle, automatic shipment of your favorite GO products that you use every month.
- Earn up to 30% of the Business Volume (BV) value of your monthly MRP order to use for additional product purchases of your choice.
- You can change your MRP order at any time up to your monthly ship date, or you can also choose to manually place your order.
- Powerful rewards incentive for new Preferred Customers and Marketing Executives to become lifelong loyal customers.
- Membership Reward Points can be conveniently viewed & redeemed online in your back office.
- MRP orders can be set to ship any day between the 1st and the 28th of the month.

*Open a **free** Member account today and save 30% off retail prices!*

Plus receive exclusive "Try Me" products with every 100BV order!



Terms and Conditions

- Minimum MRP Auto-Delivery order of 20 BV every 31 days required to earn MRP points.
- There is no limit to the amount of MRP points that can be earned or accumulated.
- MRP points expire 12 months from the date of issue.
- MRP point redemption orders cannot be combined with other product orders and have no BV.
- All MRP points will be immediately cancelled if account changes to inactive status.
- MRP Points have no cash value and are non-transferable.
- Orders with a minimum of 20 BV will maintain both Membership Reward level (%) and previously accrued MRP points.

Practitioners and retailers save an additional 20% on every order of 300BV or more!



Reasonable Cautions

If you or a member of your family becomes ill, do not diagnose or treat yourself; get proper medical treatment from a qualified health care provider.

The suggestions in this information are for general use, if you are undecided as to which Essential Oil to use, consult a qualified Aromatherapist who will help guide you in the right direction.

Remember, Aromatherapy is not to be used to replace proper medical care.

- Always keep Essential Oils out of reach of children, with the orifice reducer in place and the lid tightly closed. Use on children under 10 years of age only if there are specific instructions on usage and dilution, or under the care and advise of a qualified Aromatherapist or Practitioner
- Never take Essential Oils by mouth unless under the guidance of a suitably qualified Aromatherapist or Practitioner, working in cooperation with your own doctor.
- Stick to the recommended doses only. Do not attempt to go above the recommended amounts unless under the guidance of a qualified Aromatherapist or Practitioner.
- If skin irritation develops, discontinue use and seek medical advice.
- Keep Essential Oils out of the eyes. Should any Essential Oil get into the eyes, wash it out with whole milk or vegetable oil to dilute before seeking medical advice.
- Adhere to specific cautions & guidelines for each Essential Oil or Essential Oil Blend found on individual product data sheets.

Dilution & Mixing Guidelines

- **1% dilution** = 5-6 drops Essential Oil per 1 ounce of Carrier Oil
- **2% dilution** = 10-12 drops Essential Oil per 1 ounce Carrier Oil
- **3% dilution** = 15-18 drops Essential Oil per 1 ounce Carrier Oil
- **Misting Sprays:** Add 10-30 drops of the desired Essential Oil to 4 ounces of distilled water.
- **Massage:** Mix 6-12 drops of desired Essential Oil(s) with 1 ounce of Carrier Oil.
- **Topical:** If specific instructions for applying neat (direct & undiluted) are not given **always** dilute with a Carrier Oil using the suggested dilution guidelines.
- **Bath:** Mix 3-10 drops of an Essential Single Oil or Essential Oil Blend with ½ cup of Dead Sea Salts or goDésana Clay Vitality; dissolve into warm bath water.
- **Disinfectant:** To disinfect add a few drops of Lemon, Eucalyptus, or Protector.

Dilution & Mixing Guidelines *(cont'd)*

- **Personal Care Products:** Add 10-15 drops of your favorite Essential Oil(s) to enhance personal care products like shampoo or moisturizer.
- **Foot Soak:** Mix 2-6 drops of an Essential Single Oil or Essential Oil Blend with ¼ cup of Dead Sea Salts or goDésana Clay Vitality; dissolve into warm water.
- **Inhalation:** Put 1-2 drops on hands, rub together and inhale as needed. Or put 3-5 drops on a tissue or cotton ball and tuck into pillow cases, desk drawers, etc.

Product Price List

Product Description	BV	Retail	Member
Women Of The Bible Cycle Pack: All Seven Women plus roll-on & misting bottles. [5ml] Tamar, Rahab, Ruth, Bathsheba, Queen Esther, Mary, Eve's Daughter, Roller Bottles [7], and Misting Bottles [7].	120	\$520	\$315
Tamar [5ml] plus roller bottle	30	\$62	\$47
Rahab [5ml] plus roller bottle	30	\$52	\$37
Ruth [5ml] plus roller bottle	30	\$52	\$37
Bathsheba [5ml] plus roller bottle	30	\$72	\$57
Mary [5ml] plus roller bottle	30	\$82	\$67
Queen Esther [5ml] plus roller bottle	30	\$62	\$47
Eve's Daughter [5ml] plus roller bottle	30	\$72	\$57
Still [10ml]	30	\$80	\$60

Prices subject to change without notification.

To Place An Order...

Orders may be placed via telephone by calling (614) 948-4409 or by contacting the person who referred you to this publication.



For More Great Products...

View our entire line of 200+ organic health & wellness products by visiting www.goDésana.com.

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