

Reading makes a full man,
meditation a profound man,
discourse a clear man. –
Benjamin Franklin

Since prehistoric times, humans found that the practice of meditation trains their mind and induces consciousness to realize multiple benefits. Civilizations used repetitive, rhythmic chants and offerings to appease the gods.

Meditation has been linked with various favorable outcomes that include “Effective functioning, Academic performance, concentration, perceptual sensitivity, reaction time, memory, self control, clarity, calm,..etc. Despite the broad spectrum of different practices by different cultures, civilizations and religions, to self regulate, focus and to train the attention and awareness to get beyond



Meditation is the dissolution of thoughts in eternal awareness or pure consciousness without objectification, knowing without thinking, merging finitude in infinity.

Swami Sivananda

CAUTION:Uttati's essential oils are very potent and should never be taken internally. Although essential oils are used in minute quantities, some individuals may experience allergic reactions to them. To test, apply a minute amount to the skin on the top of the hand between the thumb and the index finger or to the skin just below the elbow. In the event of an adverse reaction, apply vegetable oil such as canola or olive, then wash with cold water

Disclaimer: The information, opinions, data and statements provided on our Brochure are for educational purposes only and ARE NOT intended and SHOULD NOT be acted upon or represented as a substitute for professional medical advice, diagnosis, or treatment. Always seek professional medical advice from your physician or other qualified healthcare provider for any questions you may have regarding a specific medical condition and, in particular, to discuss both the advantages and risks of complementary and alternative medical treatment.

UTTATI

*Beauty, Wellness
and Education*

*Meditation
Blends*

*Product / Price
Information*





Meditational Blends Monographs

Exultation: A biblical formula of three oils only (Aloes, Cinnamon and Myrrh) . (**Proverb: 7:17**) with positive physical effects of stimulation and Invigoration and spiritual effects of joy and elevation with gifts of humility and knowledge of goodness.



Fountains: A formula derived from Biblical sources (**Isaiah: 41: 18-19**) with soothing and refreshing physical effects and positive gifts and effects for the spirit to satisfy the thirst for awareness, knowledge...for people to see, know, pay heed and have insight. (Oils include: Acacia, Cypress,

Meditate: A Spiritual Blend to still the mind and support the relaxed focus of mental, emotional and physical energies. **Lotus** in combination with the sacred energies of **Frankincense** and **Sandalwood** provide harmonic balance.



Neteru: Created for an international gathering of healers participating in the inipi, the sweat lodge ceremony sacred to the Lakota tradition of the Sioux Indians. This sacred blend is truly the "Essence of Great Mystery" that makes one aware of the connectedness of "All That Is, Was, or Ever Will Be. "

(Formula include: Aloes, Lotus, Frankincense Ancient, Cinnamon, Sandalwood,...)

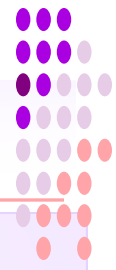
Ponder: A formula for those who need to weigh mentally, and to consider deeply and with thoroughness their life issues

(Includes 14 essential oils: Lotus Violet, Myrrh, Melissa, Cinnamon Frankincense, Sandalwood, Cedar Spruce Black, Tuberose...)

Reflect: A formula for a thoughtful meditation that stimulates the mental abilities, activating the process of argumentation

(Blend of 12 essential oils include: Aloes, Lotus, Violet, Myrrh, Frankincense Ancient, Narcissus, Grapefruit,...)





Meditational Blends Monographs

Rosa Divina: A formula for anointment and for the creation of a sacred space. Incorporating a heritage of mystical knowledge. (Includes 7 essential oils: Amber, Musk, Patchouli, Rose Centifolia, Sandalwood, Rose Damascena, ...)



Samsara: Supports the coordination and movement of muscles as well as the integration of body, mind and spirit when engaging in activities such as Tai Chi, Yoga, and Martial Arts.

People who **Meditate** are happier and healthier than those who do not meditate. They have greatly extended their life span.

Meditation results in enhanced **Physical** and **emotional** well - being

The emotional benefits include:

- * Gain of a new perspective on stressful situation.
- * Increase of self - awareness.
- * Focus on the present.
- * Reduction of negative emotions.

The Medical/Physical benefits Help with such conditions:

- * Anxiety.
- * Depression.
- * Fatigue.
- * High blood pressure.
- * Heart disease.
- * Pain.
- * Stress.

Meditation creates awareness, and enhances self - acceptance.

Meditation isn't a replacement for traditional medical treatment but it will be a useful addition to your other treatment.

Meditation can be practiced so many ways according to the discipline chosen by the individual. .

Various methods of **Meditation** have been linked to changes in metabolism, brain activation, stress reduction, deeper level of physical relaxation , reduction of pre-menstrual syndrome symptoms, enhancement of immune system, and self improvement both spiritual and secular.

Meditation creates a space for you to experience the silence and clarity.

Meditation is meant to help the individual deepen his/her understanding of the sacred and mystical forces of life.

Meditation may invoke or cultivate a feeling or internal state, such as compassion, or attending to a specific focal point. The term can refer to the state itself, as well as to practices or techniques to cultivate the serenity, tranquility and insight.

UTTATI Meditational Blends help individuals achieve the heights of consciousness they desire. The Blends sharpen the senses of Smell, Sight, hearing and Touch That would help the mind of the individual to be familiar with states that are beneficial: like focus and concentration, compassion, correct and deep understanding, patience, humility,

<i>Type of Oil</i>	VIALS		BOTTLES		
	Tester	VIAL	2CC	4CC	8CC
MEDITATION BLENDS					
Exultation	\$ 17.80	\$ 31.15	\$ 38.95	\$ 74.05	\$ 140.70
Fountains	\$ 11.70	\$ 20.50	\$ 26.65	\$ 48.70	\$ 92.55
Meditate	\$ 14.95	\$ 26.20	\$ 32.75	\$ 62.25	\$ 118.30
Neteru	\$ 19.25	\$ 33.70	\$ 42.15	\$ 80.10	\$ 152.25
Ponder	\$ 13.95	\$ 24.45	\$ 30.60	\$ 58.15	\$ 110.50
Reflect	\$ 12.55	\$ 22.00	\$ 27.50	\$ 52.25	\$ 99.30
Rosa Divina	\$ 18.50	\$ 32.40	\$ 40.50	\$ 77.00	\$ 146.30
Samsara	\$ 9.00	\$ 15.75	\$ 19.70	\$ 37.45	\$ 71.20

