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Relief from feelings of frustration, self-pity, insecurity, hopelessness or inadequacy; creates feelings of enthusiasm for new things and an expectation of joy and abundance; helps with acceptance of the 'reality' of life or health situations so that one may move forward with healing and peace; may help with ability to express one's feelings and needs.

Ingredients: Frankincense, Sandalwood, Palmarosa, Geranium, Neroli, Rosewood, Bergamot, Melissa

Affinity for: nervous system; the heart Chakra; the sacral Chakra

Aromatic Considerations: Smells good enough, without being overbearing, to wear as a perfume. It is especially nice diffused or in the bath when one is feeling overwhelmed. Diffuse to promote feelings of calm courage and self-confidence.

Application: Apply over the liver when the liver is toxic or the mind and emotions are sluggish and slow, or behind the ears, on the face, neck, thymus or wrists.

Resonance: physical, emotional, spiritual

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