Valerian

An oil of understanding, forgiveness, and reconciliation. It is of particular value to those who are too hard on themselves. Valerian root can help us move away from unhealthy forms of guilt, understand that we have learned the lessons of the past, accept who we were and who we are, and forgive ourselves for the foolishness (or even stupidity) that is in our past. A sedative for most people but some will react opposite and may be irritable or aggressive. Caution while pregnant. Not for use with children.

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