



BERGAMOT

Self-Acceptance



Bergamot relieves feelings of despair, self-judgment, and low self-esteem. It supports individuals in need of self-acceptance and self-love. Bergamot invites individuals to see life with more optimism.

Bergamot has a cleansing effect on stagnant feelings and limiting belief systems. Because of core beliefs of being bad, unlovable, and not good enough, they seek to hide behind a facade of cheerfulness. They may fear revealing their true thoughts and feelings. Bergamot's powerful cleansing properties generate movement in the energy system, which in turn brings hope.

In this way, Bergamot is wonderful for those who feel down and hopeless. It awakens the soul to hope and offers courage to share the inner self. Reigniting optimism and confidence in the self, it imparts true self-acceptance. Bergamot teaches individuals to let go of self-judgment by learning to love themselves unconditionally.

NEGATIVE EMOTIONS: Despairing, low self-esteem, self-judgment, unlovable, hopeless

POSITIVE PROPERTIES: Self-acceptance, optimistic, confident, hopeful, lovable, good enough

COMPANION OILS: Cassia, Slim & Sassy, Kumquat, Grapefruit, Copaiba, Beautiful, Pink Pepper

SUGGESTED USES:

Aromatic: Inhale from bottle or diffuse.

Topical: Dilute 1-3 drops with carrier oil and apply over heart, solar plexus (upper stomach), or on forehead.

