



BLACK PEPPER

Unmasking



Black Pepper reveals the masks and facades used to hide aspects of the self. Since childhood, most individuals have been taught that some feelings and behaviors are good while others are not. So instead of seeking to understand seemingly inappropriate feelings and behaviors, they usually judge, condemn, and repress them. Individuals learn early on that to be loved and accepted, they must hide undesirable aspects of themselves behind a mask or facade.

Black Pepper invites individuals to get real by digging deep within the less understood parts of the self. Whether one's true motives and feelings are acknowledged or not, they continue to exist. The more these feelings are pushed down, buried, and repressed, the more they seek to make themselves known. If they are not honestly dealt with and acknowledged, they will often be expressed through erratic, compulsive, or addictive behaviors.

Black Pepper also reignites the soul fire, fueling motivation and high energy, and hastening the healing process. It gives individuals strength to overcome the challenges and issues they carry inside and invites them to live in integrity with their True Self.

NEGATIVE EMOTIONS: Emotional dishonesty, repressed emotions, trapped, prideful, superficial

POSITIVE PROPERTIES: Emotional honesty, authentic, courageous, motivated, self-aware, integrity

COMPANION OILS: Kumquat, Vetiver, Coriander, Juniper Berry, Frankincense, Pink Pepper

SUGGESTED USES:

Aromatic: Inhale from bottle or diffuse.

Topical: Dilute 1-2 drops with carrier oil and apply on bottom of feet.

