

**NEGATIVE EMOTIONS:** Disowning ancestry, repeating negative family patterns, duty-bound, loyalty to unhealthy traditions, dishonoring progenitors

**POSITIVE PROPERTIES:** Pioneering, chain-breaking, cultivating healthy traditions, embracing positive family connections

**COMPANION OILS:** White Fir, Birch, Douglas Fir, Bergamot

**SUGGESTED USES:**

**Aromatic:** Inhale from bottle or diffuse.

**Topical:** Dilute 1-3 drops with carrier oil and apply on bottom of feet or base of spine.