



# SPIKENARD

## Gratitude

Spikenard encourages true appreciation for life. It addresses patterns of ingratitude, where individuals see themselves as targets of bad luck or victims of their life circumstances. This perception can often lead to feelings of blame and anger.

Spikenard encourages the soul to surrender and accept life exactly as it is. It invites individuals to let go and find an appreciation for all of life's experiences.

By opening the soul to acceptance and gratitude, Spikenard assists individuals in seeing the deeper meaning in their lives. It supports them in feeling joy and happiness for other people as well as for themselves. It invites individuals to expand by fully letting go of resistance, anger, and blame. Gratitude is an expression of complete acceptance and abundance. A grateful person is content with what they have. Spikenard teaches individuals to be grateful for their challenges as well as their blessings. It also assists individuals in transcending their sorrows through being grateful for their present life circumstances. Through complete surrender and acceptance, the soul may be brought into peace and harmony.

**NEGATIVE EMOTIONS:** Ungrateful, resisting, victim mentality, angry, greedy, selfish, expecting bad luck

**POSITIVE PROPERTIES:** Grateful, acceptance, content, peaceful

**COMPANION OILS:** Wild Orange, Immortelle, Lime, Ginger, Clove

**SUGGESTED USES:**

**Aromatic:** Inhale from bottle, diffuse, or place drops in hand, rub, and inhale.

**Topical:** Apply 1-3 drops on wrists, forehead, or over solar plexus (upper stomach).