



VETIVER

Centering & Descent

Vetiver oil assists in becoming more rooted in life. Life can scatter one's energy and make individuals feel split between different priorities, people, and activities. Vetiver brings the individual back down to earth. It assists them in grounding to the physical world. Vetiver also assists individuals in deeply connecting with what they think and feel. In this way, Vetiver is incredibly supportive in all kinds of self-awareness work. It helps uncover the root of an emotional issue.

Vetiver challenges the need to escape pain. It centers individuals in their True Self and guides them downward to the root of their emotional issues. It helps them find relief but not through avoidance. Relief comes after they have traveled within and met the core of their emotional issue. Vetiver will not let them quit. It grounds them in the present moment and carries them through an emotional catharsis. The descent into the True Self assists individuals in discovering deeper facets of their being. Vetiver opens the doors to light and recovery through this downward journey.

NEGATIVE EMOTIONS: Apathetic, disconnected, scattered, stressed, ungrounded, avoiding, crisis

POSITIVE PROPERTIES: Centered, grounded, present, emotionally aware and connected

COMPANION OILS: Helichrysum, Juniper Berry, Balance, Hinoki

SUGGESTED USES:

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

Topical: Apply 1-3 drops on bottom of feet or base of spine.