

## RECIPE

# Gratitude is my Attitude Blend

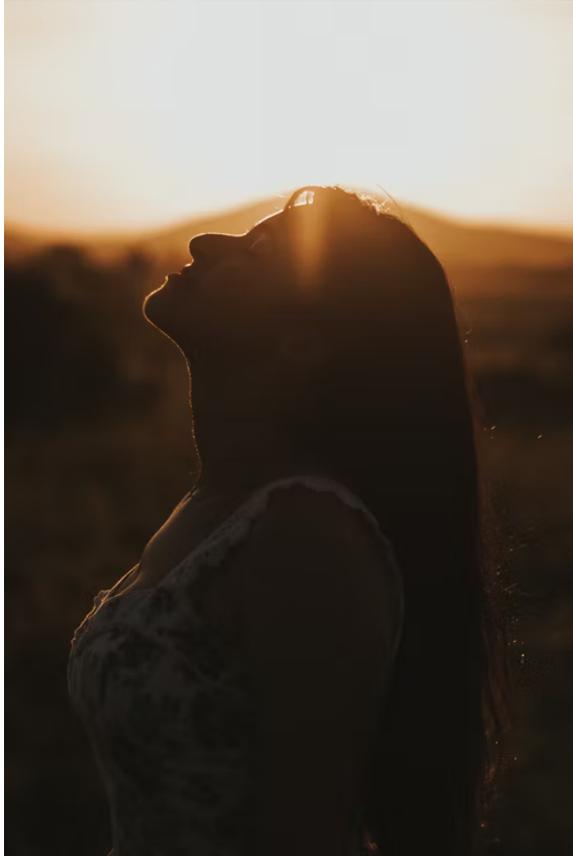


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Discover the language and actions of the **victim archetype**. Apply healthy boundaries to increase your self-esteem. Aromas can support you as you learn the archetypes in your life. You can connect with me at [barb@essentialoiltherapiesllc.com](mailto:barb@essentialoiltherapiesllc.com)

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## Ingredients

- Bergamot, *Citrus bergamia*
- Roman Chamomile, *Anthemis nobilis*
- Sweet Marjoram, *Origanum marjorana*
- Frankincense, *Boswellia carteri*
- One ounce or 30 ml Jojoba wax, sweet almond oil, or sunflower oil for a carrier oil
- One ounce glass bottle with cap or dropper lid

## Preparation

1. Place 4 drops of Frankincense essential oil into the empty one-ounce glass bottle
2. Add 2 drops of Sweet marjoram
3. Then add 1 drop of Roman Chamomile
4. Add 5 drops of Bergamot to the bottle
5. Fill the rest of the bottle carefully with the carrier oil of your choice. Gently roll the closed bottle in your hands to mix the contents.
6. **How to use:** Place a few drops of **Gratitude is My Attitude Blend** in your hands and rub them together. Cup your hands and inhale slowly, hold your breath for a few seconds, and slowly release your breath exhaling out from your mouth. Do this 3 to 4 times. Try this a few times during the day. Just a few moments is all you need to use aromas for comfort. You may also create a prayer to support your intention. Example:

*Dear God, as I breathe in **Gratitude is My Attitude Blend**, may your Grace bring me awareness when my boundaries are crossed by others and when I victimize myself. Increase my self-esteem by guiding me to practice gratitude on this day. Thank you for who and where I am right now. Amen!*

