

# SELF IMAGE

No	Self Image	No	Self Image
1	Able to act from Inner Serenity	22	Follow Thought
2	Able to Focus	23	Financial Freedom
3	Able to Change	24	Fulfill Your True Potential
4	Able to Take Risks	25	Give Love to Self/Others
5	Accept Love	26	Independent
6	Acceptable to Self/Others	27	Individual Mastery
7	Accountable for Self/Others	28	Initiator
8	Achieve for Self/Others	29	Integrity
9	Believe in Self/Own Resources	30	Inner Strength
10	Be in Present Time	31	Leader
11	Clarity of Thought/Vision	32	Life Purpose
12	Communicator	33	Nurture Love
13	Complete	34	Powerful Individual
14	Confidence	35	Productive
15	Courageous	36	Respect for Self/Others
16	Creative	37	Responsible for Self
17	Decisive	38	Respond to Opportunities
18	Discipline	39	Speaker/Writer/Author
19	Educator of Self/Others	40	Spontaneous
20	Entertainer/Artist/Musician	41	Think of Self/Others
21	Express Thoughts	42	Trust Self/Others



# PROCESSES

## Step 1 Pre-Tests

Permission  Yes  No

Hydration  Yes  No

Transverse Flow  Yes  No

## Step 2. Uncover Your Intention

What do I need to understand to clear the energy ....

## Step 3. Discover Your Current Story

**Your Process Story: (The way that you play out your core emotion in your internal world)**

(Work with Essence Chart, Emotion Chart or Self Image Chart) When I think of...

**Core Emotion: (The emotion that keeps your process story locked in place)**

(Work with Emotions Chart)





# PROCESSES

## Step 4. Follow The Red Thread of your Current Story

### **How much of this energy is mine:**

(if less than 100% test how many other people own this energy)

### **If more than one person owns the energy, test who owns it:**

(Family, Friends, Work Colleges etc)

### **What age did I take this on:**

(Muscle Test 0-10, 10-20 to current age)

## Step 5. Discard Your Current Story

### **Core Emotion:**

(Transfer from Step 3)

### **Area Affected:**

#### **Muscle Test which Area is Affected?**

(Work with Area Affected Chart)

### **How Many Tools:**

Muscle Test how many Tools?

Muscle Test how many Rays?

Muscle Test how many Symbols?

(Work with Ray Chart & Symbol Chart)

### **Which Ray/s:**

(Work with Ray Chart)

### **Which Symbol/s:**

(Work with Symbol Chart)

# PROCESSES



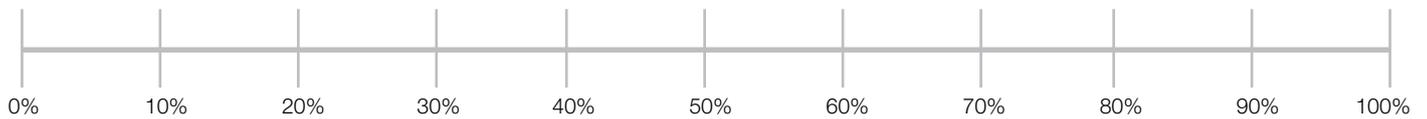
## Step 6. Hours to integrate

(Muscle test 1 to 10, to 20 etc. if more than 24 hours you can test days)  
Then use resource script

## Step 7. How much have we cleared?

**What percentage of the Process Story have we cleared:**

(Muscle test 0 to 10, to 20 etc, note if less than 100% when you do the next process muscle test from this %)



## Step 8. Notes for future processes



# PROCESSES

## Step 3 Story Worksheet

When I think of...

I am unable to (insert essence heading)

and when I am unable to (repeat the above essence heading)

I am unable to... (insert new essence heading)

and when I am unable to (repeat the above essence heading)

I am unable to... (insert new essence heading)

and when I am unable to (repeat the above essence heading)

I am unable to... (insert new essence heading)

and when I am unable to (repeat the above essence heading)

I am unable to... (insert new essence heading)

and when I am unable to (repeat the above essence heading)

I am unable to... (insert new essence heading)



## PRE-TESTS

### 1. Permission

Do I have permission to do a soul psychology process?

- Yes/Optimal  
 No/Less than Optimal

If no, respect your body and leave it 24 hours and re-test.

(When you are doing a process on a beloved, know that the fact that they have booked an appointment you have permission from their subconscious, so no need to test)

### 2. Hydration

Do I need to run a hydration balance before I begin?

- Yes/Optimal  
 No/Optimal

If Yes, slowly sip a glass of water, then do the hydration balance.

- Place tongue at the roof of the mouth
- Hold adrenal pulse point on right hand for a few seconds (three fingers under your thumb and your little finger in the middle of your wrist)

### 3. Transverse Flow

Do I need to run the transverse flow balance before I start?

- Yes/Optimal  
 No/Optimal

- Hold the navel with the palm of one hand
- Hold the forehead with the palm of the other hand
- Breathe deeply for a minute or so, or until you feel balanced
- Change hands and repeat



# MANIFESTING

No	Manifestation	No	Manifestation
1	Avoidance	17	Mechanism - Coping
2	Behaviour - Addictive	18	Mechanism - Defence
3	Behaviour - Manifesting	19	Misperception
4	Behaviour - Negative	20	Negative - Self
5	Behaviour - Obsessive	21	Negative - Reality
6	Behaviour - Pain	22	Ownership
7	Belief	23	Perception
8	Blind Spot	24	Phobia
9	Challenge In Life	25	Role Play
10	Denial	26	Sabotage
11	Energy Drain (Area Affected)	27	Script
12	Fear	28	Suppression
13	Habit	29	Trap - Mental
14	Illusion	30	Trap - Spiritual
15	Justification	31	Trigger
16	Pain of Life Behaviour	32	Withdrawal

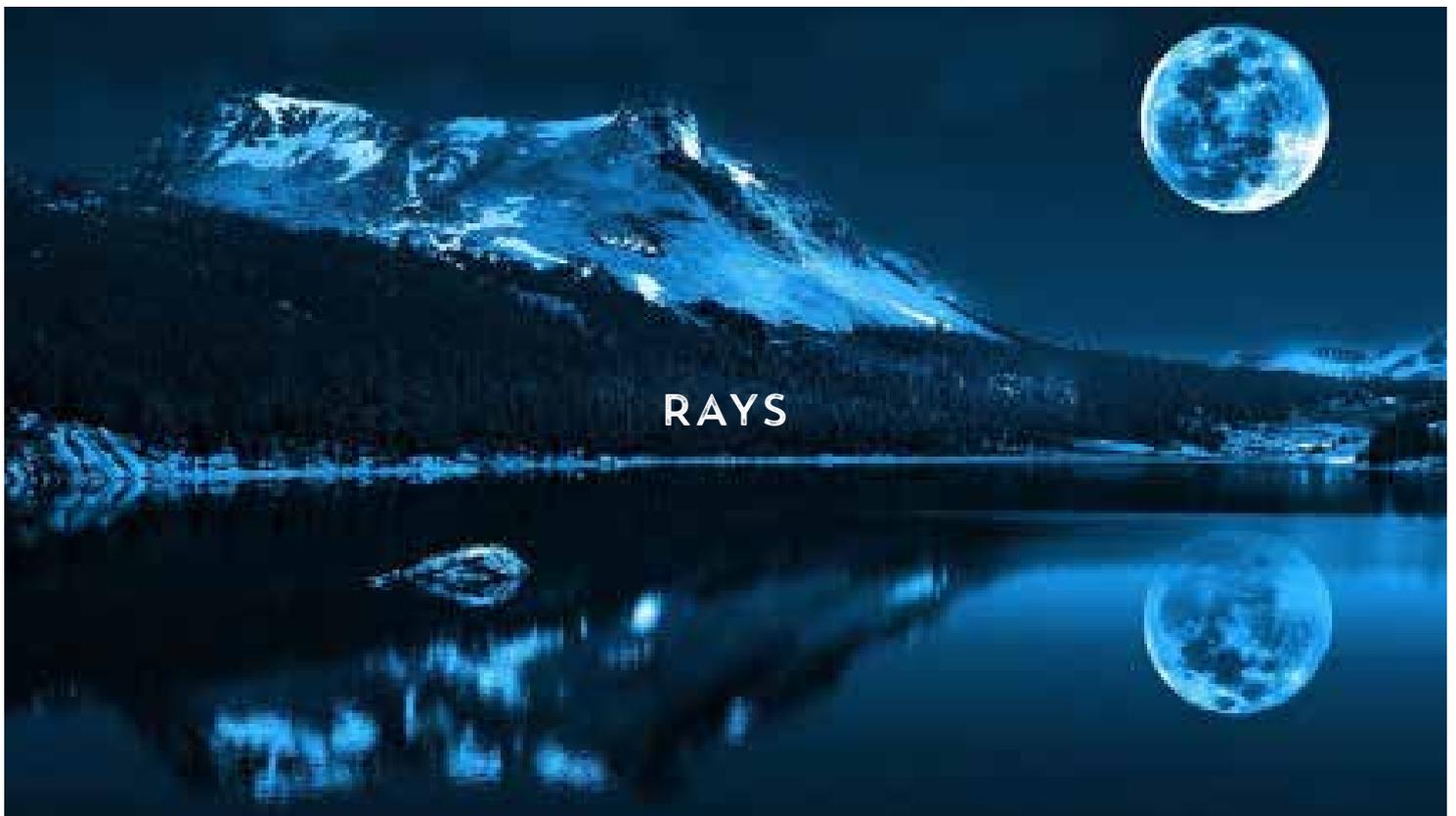
# EMOTIONS



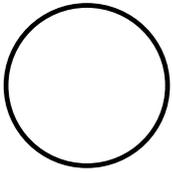
No	Fear	Anger	Judgement	Deprivation	Jealousy	Hatred	Depression	No
1	Let Down	Vengeful	Abusiveness	Undermined	Greedy	Malice	Disheartened	1
2	Not Heard	Hysterical	Discrimination	Despairing	Needy	Vengeful	Grief	2
3	Overlooked	Resentful	Insensitivity	Defeated	Scornful	Contempt	Deprived	3
4	Frightened	Acrimonious	Unawareness	Tormented	Spiteful	Unfeeling	Frustration	4
5	Threatened	Incoherent	Discouragement	Powerless	Sulky	Meanness	Defeated	5
6	Disappointed	Reactive	Rejection	Incurable	Thwarted	Cruel	Unimportant	6
7	Put Upon	Incensed	Superiority	Abandoned	Unacceptable	Disgust	Incurable	7
8	Frustrated	Simmering	Disapproval	Decline	Unwelcome	Quarrelsome	Rejected	8
9	Discouraged	Scornful	Penalise	Apologetic	Ruined	Bitterness	Regret	9
10	Terror	Belligerent	Insecurity	Repressed	Unloved	Sarcastic	Apathy	10
11	Conquered	Aggressiveness	Inhibition	Demoralised	Judging	Incited	Remorse	11
12	Dismay	Indignation	Dismissiveness	Isolated	Deprivation	Antagonistic	Worthlessness	12
13	Deserted	Hostility	Alienation	Detraction	Vengefulness	Detestation	Distressed	13
14	Immobilised	Contempt	Unforgiving	Discouraged	Vindictiveness	Destructive	Insecure	14
15	Worry	Irate	Crucify	Dominated	Self Righteous	Unmerciful	Confused	15
16	Helpless	Fuming	Desertion	Unsupported	Envy	Violent	Abandoned	16
17	Despair	Fiery	Disregard	Disappointed	Grumpy	Disdain	Despondent	17
18	Remorse	Rage	Rebelliousness	Resigned	Obstinate	Animosity	Helpless	18
19	Distrust	Infuriated	Selfishness	Desolate	Rivalry	Scornful	Yearning	19
20	Misgiving	Bitter	Ostracise	Invalidated	Frustrated	Intolerant	Inadequate	20
21	Overwhelm	Seething	Criticise	Put Upon	Infatuated	Loathing	Discouraged	21
22	Anxiety	Rebellious	Controlling	Inadequate	Obsessive	Dislike	Dejected	22
23	Dissociation	Tantrum	Limitation	Wretched	Resentful	Stinginess	Sadness	23
24	Desperate	Wrath	Comparison	Denial	Lovesick	Disinclined	Brooding	24
25	Dread	Vindictiveness	Insincerity	Unfulfilled	Unsupported	Jealousy	Desolate	25
26	Questioned	Violence	Unfeeling	Distraught	Insecure	Aversion	Melancholy	26
27	Paranoid	Furious	Pessimistic	Unloved	Drained	Avoidance	Prostrate	27
28	Panic	Temper	Cowardice	Crushed	Competitive	Offensive	Gloomy	28
29	Hysterical	Abusive	Cruelty	Suppressed	Pitiful	Envy	Betrayed	29
30	Apprehensive	Surly	Intolerance	Helpless	Withholding	Antipathy	Despair	30
31	Shocked	Disdain	Self Righteous	Impotent	Pining	Hostility	Dismal	31
32	Imperiled	Irritable	Temperamental	Persecuted	Sarcastic	Repulsion	Disconsolate	32
33	Nervousness	Outraged	Tyrannical	Used	Outraged	Abhorrence	Alienation	33

# AREAS AFFECTED CHART

1. MAJOR EC		2. MINOR EC		3. MERIDIANS EMOTIONAL		4. SUBTLE BODIES	
1. Root	1. Ankles	1. Attunement	14. Radiance	1. Anger	18. Higher Mental (Causal)		
2. Sacral	2. Bindu	2. Compassion	15. Acceptance	2. Astral	19. Higher Self		
3. Solar Plexus	3. Elbows	3. Assurance	16. Knowing	3. Auric	20. Humiliation (Shame)		
4. Heart	4. Fontanel	4. Harmony	17. Touch	4. Choice	21. Love		
5. Throat	5. Frontal (Skull)	5. Communication	18. Understanding	5. Criticism (Judgement)	22. Mental		
6. Third Eye	6. Hips	6. Openness	19. Meaning (hands)	6. Ego	23. Mystery		
7. Crown	7. Kidneys	7. Transformation	20. Flow	7. Emotional	24. Nutrients (Biochemistry)		
8. Cosmic	8. Knees	8. Life	21. Judgment	8. Energy Patterning	25. Planetary		
9. Planetary	9. Liver	9. Choice	22. Fear	9. Etheral Fluidium	26. Psychic		
10. Intergalactic	10. Occipital	10. Experiences	23. Longing	10. Etheric	27. Regret		
11. Universal	11. Palms of hands	11. Sexuality	24. Stability	11. Etheric Nerves (Nadis)	28. Sexuality		
12. Higher Self	12. Pancreas	12. Release	25. Extension	12. Fear	29. Soul		
<b>5. OTHER EC</b>		<b>7. MERIDIANS YING YANG</b>		13. Flow (Blood)	30. Stellar		
1. Hara	13. Parietal	1. Stomach	8. Triple warmer	14. Grief (Lymph)	31. Thermal		
2. Soul Point	14. Shoulders	2. Spleen	9. Gall bladder	15. Guilt	32. Understanding (Self Worth)		
3. God Self Point	15. Soles of feet	3. Heart	10. Liver	16. Heart	33. Will		
4. Earth Point	16. Thymus	4. Small intestine	11. Lung	17. Higher Etheric			
<b>6. ENDOCRINE GLANDS</b>		5. Bladder	12. Large intestine	<b>8. SYSTEMS &amp; ORGANS</b>			
1. Adreanal	8. Pineal	6. Kidney	13. Central	1. Circulatory	6. Nervous		
2. Hypothalamus	9. Pituitary	7. Circ/Sex	14. Governing	2. Digestive	7. Reproductive		
3. Kidney	10. Small intestine			3. Endocrine	8. Respiratory		
4. Liver	11. Stomach			4. Integumentary	9. Urinary		
5. Ovaries	12. Testes			5. Musculoskeletal			
6. Pancreas	13. Thymus						
7. Parathyroid	14. Thyroid						



No.	Colour	Symbolism	Angel	Meaning
1	<b>Blue Ray</b>	God's Will	Archangel Michael	Power, Protection, Will to do, Divine Order
2	<b>Yellow Ray</b>	Enlightenment	Archangel Jophiel	Illumination, Wisdom, Understanding, Spiritual Growth
3	<b>Pink Ray</b>	Divine Love	Archangel Chamuel	Tolerance, reverence for all life, balancing the emotional body
4	<b>White Ray</b>	Purity	Archangel Gabriel	Immaculate conception, hope, restoration, resurrection, ascension
5	<b>Green Ray</b>	Truth	Archangel Raphael	Illuminated truth, inner vision, conception, healing, dedication
6	<b>Ruby Ray</b>	Ministering Grace	Archangel Uriel	Selfless Service, Healing
7	<b>Violet Ray</b>	Freedom	Archangel Zadkiel	Transmutation, forgiveness, mercy, compassion
8	<b>Aquamarine Ray</b>	Clarity	Archangel Aquariel	Divine perception, discernment, dignity, courtesy
9	<b>Magenta Ray</b>	Harmony	Archangel Antriel	Balance, solidity, assurance, confidence
10	<b>Gold Ray</b>	Eternal Peace	Archangel Valoel	The great silence, inner calm, comfort, liberty, spiritual freedom, balance
11	<b>Peach Ray</b>	Divine Purpose	Archangel Perpetiel	Fulfillment, selfless service, happiness, joy, enthusiasm
12	<b>Opal Ray</b>	Transformation	Archangel Omniel	Transfiguration, rebirth, rejuvenation, spirit of humanity

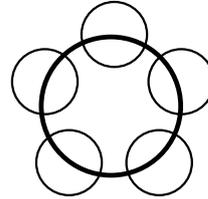


### 1. EQUALITY

The Circle with the dot

I AM THE UNIVERSE

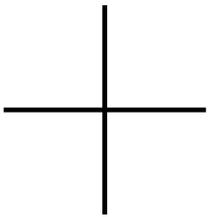
JUST AS I AM OF THE UNIVERSE



### 6. RELATIONSHIP

Harmony of the Spheres

THE 5 ELEMENTS OF NATURE  
INDEPENDENTLY AND HARMONIOUSLY  
INTERACTING WITH EACH OTHER

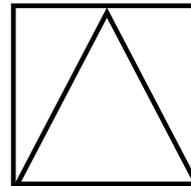


### 2. REFLECTION

The Cross

AS ABOVE, SO BELOW

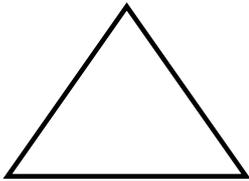
AS WITHIN, SO WITHOUT



### 7. EXPERIENCE

The Square enclosed triangle

BREAKING FREE FROM DEFENCES  
AND TRADITIONS



### 3. CREATIVITY

The Triangle

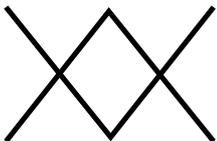
I BRING INTO REALITY,  
WORK THROUGH REALITY  
AND ELEVATE REALITY



### 8. IMMORTALITY

Infinity

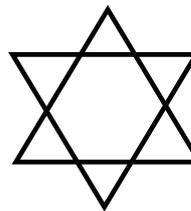
DESTRUCTION PRECEDES  
CREATION AND CREATION  
PRECEDES DESTRUCTION



### 4. INTEGRATION

The Wave

BALANCE, FLEXIBILITY AND  
ATTUNEMENT TO MY HIGHEST  
GOOD AND THE HIGHEST  
GOOD FOR ALL

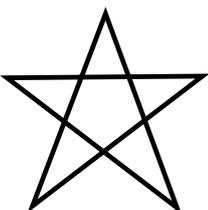


### 9. HARMONY

Six Pointed Star

MOVING BEYOND PITFALLS ON  
THE PATH TO ASCENSION.

PHYSICAL EXPERIENCES INFUSED  
WITH HIGHER WISDOM



### 5. INSTINCT

The Five Pointed Star

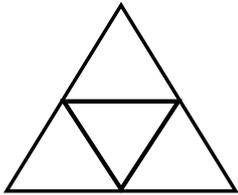
OUTER REALITY FILTERED  
THROUGH THE INNER BEING



### 10. NOURISHMENT

Five Pointed Star in a Circle

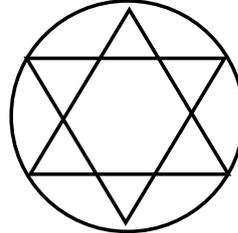
SAFETY AND SECURITY ARE FOUND  
WITHIN MYSELF



### 11. PURIFICATION

Triangle within the Triangle

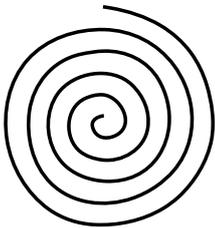
CONFIDENCE TO SOAR BEYOND  
SELF IMPOSED LIMITATION.



### 16. CHOICE

6 pointed star in the circle

BALANCE OF POWER AND STRENGTH.  
RESPONSIBLE ACTIONS.

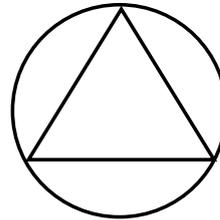


### 12. PROTECTION

The Spiral

KEY TO YOUR DEFENCE  
WITH CLEARING THE  
INTERNAL ENEMIES.

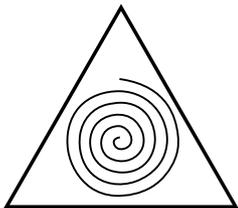
GUILT, BLAME, FEAR & ANGER.



### 17. UNDERSTANDING

Triangle in the circle

I AM MY OWN POWER  
INTERDEPENDENT FREE TO BE.

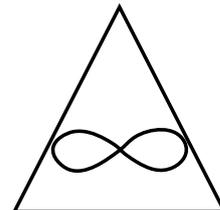


### 13. TRUST

Spiral in the triangle

HEALING THE HEART.

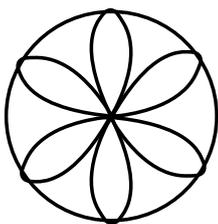
TENDERNESS TO SELF  
AND OTHERS.



### 18. PRODUCTIVITY

Infinity sign in the triangle

CREATING EXCITING SENSUAL  
EXPERIENCES IN LIFE AND FIND  
YOUR WON LOVE WAITING FOR YOU.

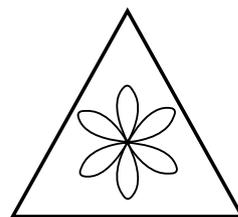


### 14. MANIFESTATION

Flower of life in the circle

BEING AT ONE WITH NATURE.

TRUSTING ELEMENTS TO  
SUPPORT CHANGES.

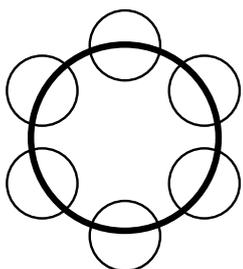


### 19. OPENNESS

Flower of life in a triangle

I AM ALWAYS IN THE RIGHT  
PLACE AT THE RIGHT TIME.

I AM ONE WITH THE POWER  
THAT CRATED ME.

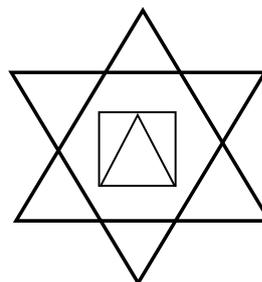


### 15. COMMUNICATION

6 Elements

HEALING INDECISION.

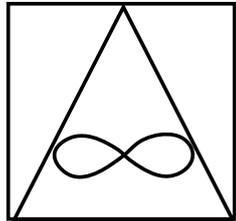
THE BREATH OF LIFE AND  
PROMPTING OF THE INNER VOICE.



### 20. CLARITY

Square enclosed triangle in  
a 6 pointed star

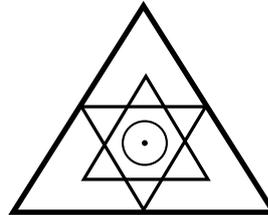
BEING A LIGHT IN THE DARKNESS  
A CHANGING OF FORM GROWING  
IN WISDOM.



### 21. FAITH

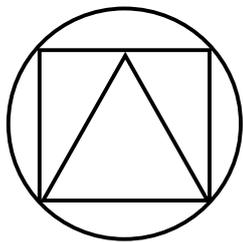
UNLOCKING MY CELLULAR MEMORY AND HONORING MY INNER AUTHORITY.

I AM KNOWING AND TRUSTING MYSELF.



### 26. SYNTHESIS

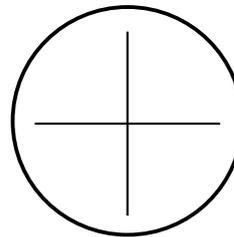
ALIGNING THE HEART AND MINOR CHAKRAS TO THE EARTH'S CENTER TO BALANCE THE UPWARD MOVEMENT OF THE KUNDALINI ENERGY. RELEASING BLOCKAGES IN THE PATHWAYS TO VERBALIZATION FROM THE HEART.



### 22. ACCEPTANCE

ACCEPTING THE UNIQUE QUALITIES WITHIN ME. I AM ALLOWING HEALING TO TAKE PLACE UNCONSCIOUSLY.

TRUSTING MY INNER PROCESS OF RECOVERY.

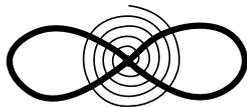


### 27. SELF RESPECT

I ALLOW ALL THAT I AM TO BE LOVED.

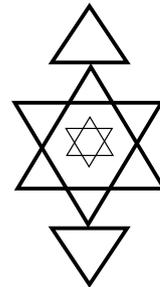
I GIVE THANKS FOR ALL THAT I AM RECEIVING.

I RELEASE ALL ABUSE FROM THE PAST.



### 23. FORGIVENESS

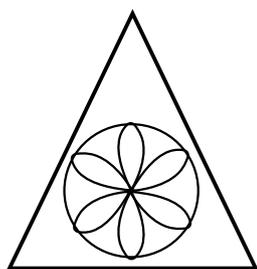
RECOGNIZING THE LEARNINGS FROM MY PAST. BEING RESPONSIVE IN THE HERE AND NOW. I ACCEPT HAPPINESS INTO MY LIFE AS I RELEASE THE INFLUENCE OTHERS HAVE HAD ON ME.



### 28. SOUL MAGNETISM

PIECING TOGETHER THE FRAGMENTS OF THE PAST.

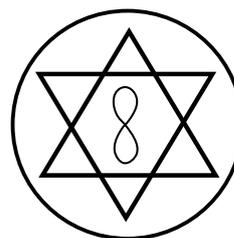
FORMING THE FOUNDATIONS OF THE FUTURE.



### 24. DIVINE FOCUS

SECURE IN MY SENSE OF PURPOSE. ASKING GOD TO MEET MY NEEDS.

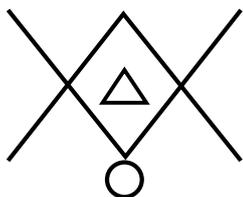
I AM OPEN TO RECEIVING AND GIVING.



### 29. SPIRITUAL WARRIOR

QUALITIES OF LEADERSHIP.

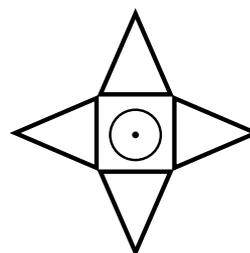
BEING ABLE TO TAKE CONTROL WHEN NO ONE ELSE CAN.



### 25. CONNECTION

RELEASING THE CONDITIONING OF MY ANCESTORS AND COMPLETING UNFINISHED CYCLES IN MY LIFE.

I AM CREATING MY DESIRED REALITY.



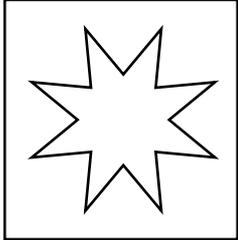
### 30. INTENTION

OPENING THE HEART

RADIATING ASSURANCE, EQUALITY ALTRUISM AND COMPASSION.

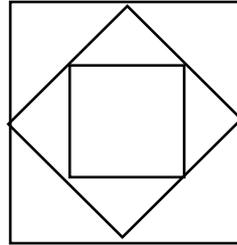


### 31. INNER HARMONY



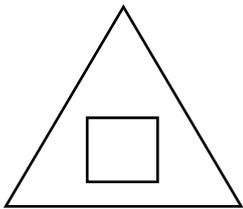
RELEASING CONFLICTS AND LIMITATIONS. INTEGRATING MY INNER MALE AND FEMALE. SEEING THE RESULT OF IMBALANCES IN MY PAST. REALISING MY INNATE HEALING POTENTIAL. RELYING UPON MYSELF AND MY INTERNAL RESOURCES. ALL IS WELL IN MY WORLD.

### 35. FULFILLING RESPONSIBILITY



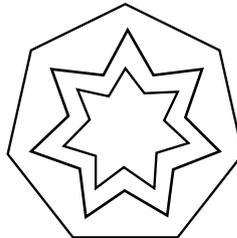
EVOLVING THROUGH THE PASSAGE OF TIME. ABUNDANTLY MANIFESTING BEAUTY AND PEACE. OVERCOMING EARTHLY LIMITATIONS. FEELING HONOURED TO BE PARTICIPATING IN THIS QUEST.

### 32. HARNESSING CREATIVITY



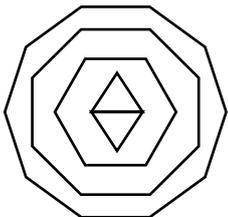
SEEING THE PURPOSE OF MY FEELINGS AND EMOTIONS. INTEGRATING AND MASTERING THESE ENERGIES. TRAINING MYSELF TO COME FROM THE HEART. CHOOSING TO MANIFEST ALL THAT I NEED. COORDINATING THE HEART, MIND AND EMOTIONAL BODY. WILLING MYSELF TO CREATE ORDER FROM CHAOS.

### 36. GROWING WISDOM



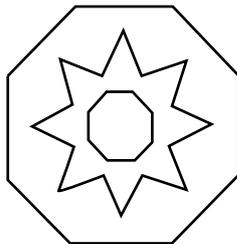
MOVING THROUGH LIFE, OBSERVING THE DAYS. SEEING WHERE I HAVE HEMMED MYSELF IN. REMEMBERING THE SKILLS I HAVE DEVELOPED. KNOWING I HAVE THE TOOLS TO CHANGE MY DIRECTION. COMMITTING MYSELF TO THE PROCESS OF LIFE.

### 33. SEEKING PERFECTION



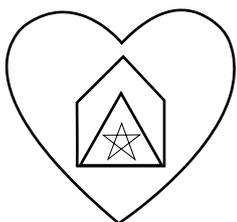
EXPERIENCING GRATITUDE AND FORGIVENESS WITHIN MYSELF. CLEARING THE IMBALANCES FROM MY AKASHIC RECORDS. BEING PREPARED TO MEET LIFE CHALLENGES. GAINING ALL THE WISDOM I NEED FROM THE JOURNEY. HONORING THE PERFECTION UNFOLDING FROM MY HEART.

### 37. ENGAGING LIFE



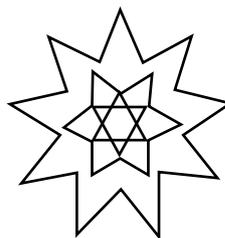
PROJECTING POSITIVE INTENTIONS. BEING AT ONE WITH MY OWN POWER. EXPRESSING MY TRUE POTENTIAL. CELEBRATING THE JOYS OF LIVING. DESERVING THE REWARDS I RECEIVE.

### 34. EMBRACING CHANGE

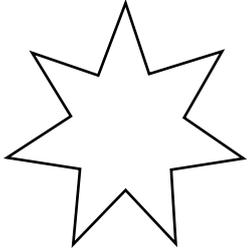


EMBRACING THE CHALLENGES IN LIFE. FOLLOWING MY OWN INSTINCTS. TAKING ALL OPPORTUNITIES TO CHANGE. SENSING MY CONNECTION WITH OTHERS IN MY HEART. I CELEBRATE MY SEXUALITY.

### 38. COMPLETING CYCLES

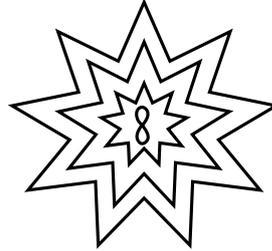


STARTING TO PIECE THE FRAGMENTS TOGETHER. YEARNING TO FIND THE GOODNESS WITHIN ME. OPTING FOR GOD IN MY LIFE. I AM PERFECT IN EACH MOMENT.



### 39. LIFE PURPOSE

CONSCIOUSLY STRENGTHENING THE WELL. AWARENESS OF DEVELOPING FREEDOM WITHIN. AWAKENING TO INDIVIDUAL RESPONSIBILITY. SEEING THE POTENTIAL. UNDERSTANDING EMOTION THROUGH RELATIONSHIPS. DEVELOPING NEW POINTS OF VIEW.

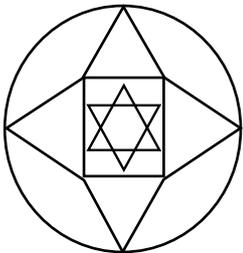


### 43. OM ALL THAT IS

REMEMBERING THE ESSENCE OF MY SOUL.

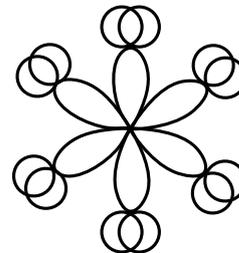
BEING CONTENT TO GO WITH THE FLOW.

I AM FINDING MY WAY BACK HOME.



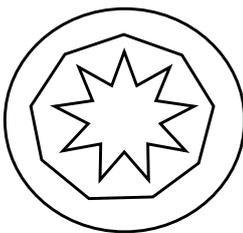
### 40. BLOSSOMING SPIRIT

EXPOSING MY DOUBTS AND FEARS. CALMING THE TURMOIL HIDDEN WITHIN. SEEING MYSELF IN THE EYES OF ANOTHER. FEELING MY WAY IN AND OUT OF THE PHASES. FINDING TIME TO REAP THE BENEFITS OF CHANGES. I AM EMBRACING ALL ASPECTS OF MY JOURNEY.



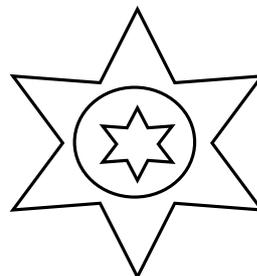
### 44. INNER SECURITY

KNOWING THAT I AM DOING ALL I NEED TO DO. APPRECIATING MYSELF FOR WHO I AM. ACKNOWLEDGING MY OWN QUALITIES. INTEGRATING MY INNER AND OUTER WORLDS. BEING WILLING TO SHOW WHAT I HAVE CREATED.



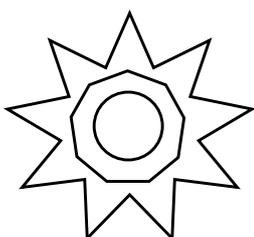
### 41. ENTERPRISING

CHOOSING TO STAY FULLY PRESENT. COMPLETELY OWNING MY POWER. I AM SECURE WITHIN MY REALITY.



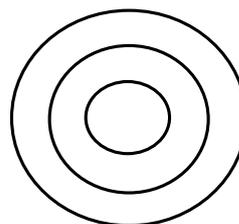
### 45. TREASURING LIFE

CALLING TO MIND THE GOOD TIMES. SOFTENING THE BLOWS OF THE PAST. SEEING THE VALUE IN ALL MY EXPERIENCES. I TREASURE EACH MOMENT.



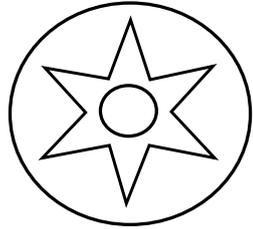
### 42. INNOVATIVE

RESPONDING TO CHALLENGES IN THE MOMENT.  
EXPECTING FAVORABLE RESULTS.  
I HAVE FAITH WITHIN MY REALITY.



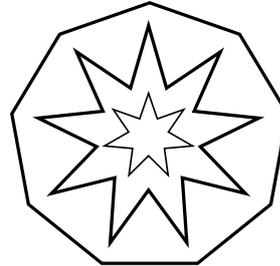
### 46. CONSISTENCY

PROTECTING MY HEART AND SOUL. OCCUPIED WITH MY LIFE PURPOSE. FEELING PRIVILEGED TO PLAY MY PART. RECOGNIZING MY CONTRIBUTION TO MY PEERS.



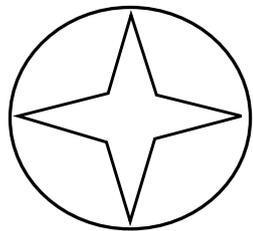
### 47. CONSIDERATION

SHOWING TOLERANCE FOR THE DIFFERENCES BETWEEN US. TAKING TIME TO UNDERSTAND ALL OUR NEEDS. FINDING FREEDOM WITHIN OUR RELATIONSHIPS. FINDING APPRECIATION FOR EACH INDIVIDUAL.



### 51. CLEARING PERCEPTION

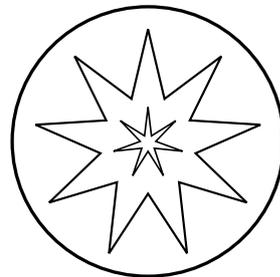
AS I RELY UPON MY INNER WISDOM AND RELEASE THE NEED TO BE CRITICAL I AM UNFOLDING THE MEMORY OF MY GOD SELF AND CLEARING THE PERCEPTIONS OF INCOMPETENCE.



### 48. FAMILY UNITY

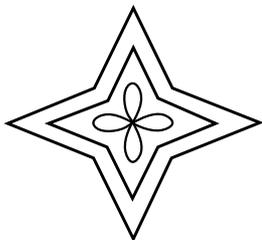
HAVING ALL THE ROOM I NEED TO MOVE WHILE ENJOYING MY TIME WITH MY FAMILY.

I KNOW THAT I AM COMPLETE.



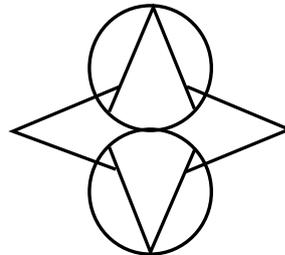
### 52. FEELING TREASURED

RELEASING INSECURITIES AND JEALOUSY. HEALING PERCEPTIONS OF CHILDHOOD ABUSE. BEING RECEPTIVE TO KINDNESS AND COMPANIONSHIP. TRUSTING THE LAWS OF MAGNETIC ATTRACTION. I AM BRINGING LOVE AND RESPECT INTO MY LIFE.



### 49. FAMILY

BLENDING OUR INNATE QUALITIES. HARMONISING OUR LIFE PURPOSE. FINDING PROTECTION FROM UNDERMINING FORCES. STRENGTHENING THE BOND BETWEEN US. TRUSTING THAT WE ARE ALL BEING FULFILLED.



### 53. COMMUNITY

AS I OPEN TO RECEIVING AND GIVING I AM COMMUNICATING FREELY WITH OTHERS.

I AM RECEIVING ONLY POSITIVE REFLECTIONS.

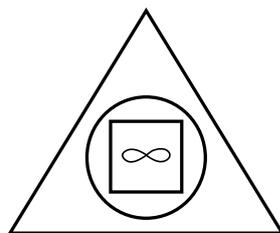


### 50. COMMITMENT

STEPPING ASIDE FROM ALL THE TRADITIONS.

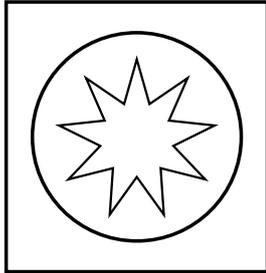
RELEASING ALL THAT IS REDUNDANT WITHIN ME.

I AM RECOGNISING MY INNER BEAUTY.



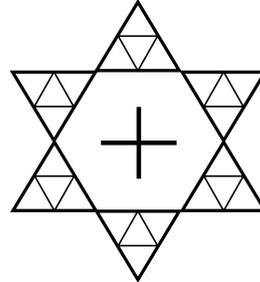
### 54. POSSIBILITY

REALISING WHAT IT TAKES TO HAVE A HEALTHY BALANCE. UNDERSTANDING THE DILEMMAS OF THE PAST. SEEING THE VALUE IN ALL MY EXPERIENCES. RECOGNISING THE SKILLS REQUIRED FOR MY HEALING.



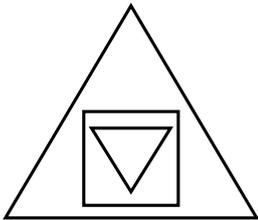
### 55. FACING DESTRUCTION

TRUSTING MYSELF WHEN I AM MET WITH DISHARMONY. BELIEVING THAT I CAN RESOLVE THE CONFLICTS. FINDING THE ENERGY I NEED FOR THE CHALLENGES. BEING ABLE TO CREATE HARMONY AND COMRADESHIP.



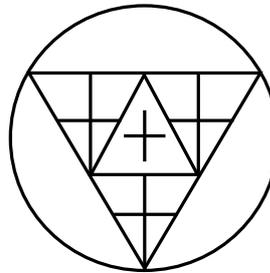
### 59. DESIRE

KNOWING AND TRUSTING THAT ALL IS WELL IN MY WORLD. INCREASING AWARENESS OF THE BEAUTY AND JOY IN MY LIFE. ATTUNING MYSELF TO THE HIGHEST GOOD OF ALL. TREASURING EACH MOMENT AS A PERFECT EVOLUTIONARY STEP. I KNOW THAT GOD'S DESIRE FOR ME IS BEING FULFILLED.



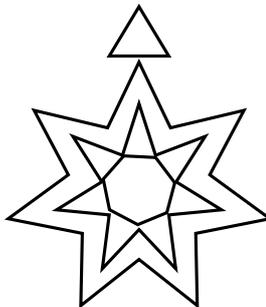
### 56. INNER POWER

CALMING THE TURMOIL MANIFESTING PEACE IN MY LIFE. BEING AT ONE WITH MY OWN POWER. FEELING FREE IN ALL MY RELATIONSHIPS.



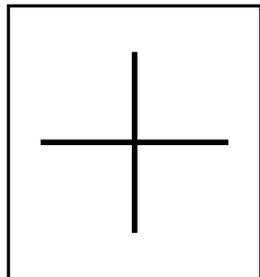
### 60. INNER STRENGTH

AS I CONTEMPLATE THE RETROSPECTIVE VIEW OF MY LIFE AND MEET THE CHALLENGES OF ALTERING MY MIND SET I REAP THE REWARDS OF FLOWING WITH THE CHANGES AND GAIN TRUST IN MY INTERNAL RESOURCES.



### 57. ENCOURAGEMENT

ENCOURAGING MYSELF TO HAVE MORE FUN IN LIFE. FINDING GOODNESS IN ALL MY EXPERIENCES. KNOWING THAT I AM ALWAYS COMPLETE WITHIN MYSELF. RECOGNIZING THE PERFECTION UNFOLDING IN MY LIFE. BELIEVING I CAN CREATE MIRACLES FOR MYSELF.



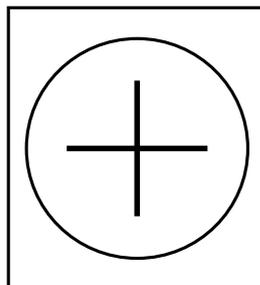
### 61. STRUCTURE

KNOWING THAT OTHERS ARE GUIDED BY MY EXAMPLE I AM SHOWING SECURITY IN MY LIFE PURPOSE AND A SENSE OF COMFORT WITH MY PERSONAL POWER.



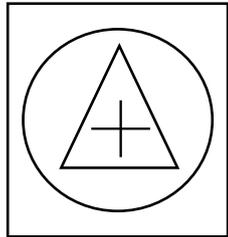
### 58. DIVINE WILL

FEELING MORE SECURE WITHIN THE MOMENT AS I MEET MY DAILY CHALLENGES. OPENING PATHWAYS TO EXPRESS MY POTENTIAL. GOING WITH THE FLOW OF MY INSTINCTS. KNOWING MY WAY BACK HOME TO GOD.



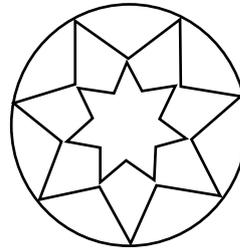
### 62. POTENTIAL

FEELING MY WAY THROUGH THE CYCLES OF LIFE. DISCOVERING THE MANY FACETS OF MY POTENTIAL. REALISING THAT I CAN MANIFEST WHAT I WANT FOR MYSELF.



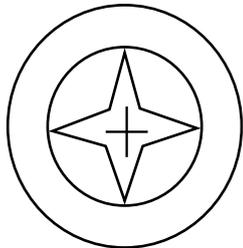
### 63. ADVANCING

FEELING PRIVILEGED TO PLAYING MY PART. BEING PREPARED TO MEET MY LIFE CHALLENGES. I AM TAKING ALL OPPORTUNITIES TO CHANGE.



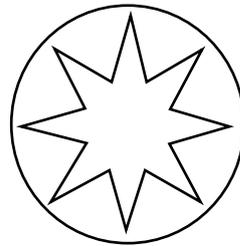
### 67. BEHIND ILLUSION

REALISING THAT THERE ARE REDUNDANT ATTITUDES WITHIN ME. WILLING MYSELF TO MOVE THROUGH FEELINGS OF INCOMPETENCE. UNDERSTANDING THE DENIALS AND ILLUSIONS I HAVE LIVED WITHIN. I AM BRINGING MY SHADOW SELF INTO THE LIGHT AND ENJOYING THE POSITIVE REFLECTIONS.



### 64. GROUNDING

AWAKENING TO MY INDIVIDUAL RESPONSIBILITIES. KNOWING THAT I WANT TO RESOLVE MY INTERNAL CONFLICTS. I AM WILLING MYSELF TO CREATE ORDER FROM CHAOS.

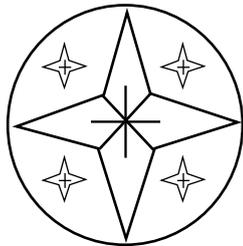


### 68. HIDDEN RESOURCES

KNOWING I CAN MANIFEST ORDER FROM CHAOS.

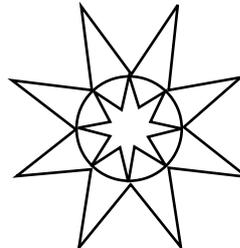
ATTUNING MYSELF TO THE HIGHEST GOOD OF ALL.

DESERVING THE BALANCE I CREATE WITHIN MYSELF.



### 65. ACCOMPLISHMENT

RECOGNIZING THE QUALITIES I HAVE DEVELOPED. ACKNOWLEDGING THEM AS MY INTERNAL RESOURCES. GAINING ALL THE WISDOM I NEED FROM MY PAST. I KNOW THAT I AM ACCOMPLISHING AS I SHOULD.



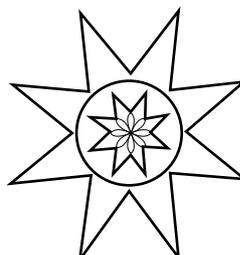
### 69. RECOGNIZING RESOURCES

FINDING THE ENERGY TO EXPRESS MY POTENTIAL. APPRECIATING THE QUALITIES I HAVE GAINED. STRENGTHENING THE BOND WITH MY PEERS. REALISING WHAT IT TAKES TO HAVE BALANCE BETWEEN US.



### 66. SHIELD OF PROTECTION

ASKING GOD FOR HELP AND TRUSTING HIM TO MEET MY NEEDS. FEELING PROTECTED FROM DESTRUCTIVE AND UNDERMINING FORCES. RELEASING INFLUENCES AND INFRINGEMENTS FROM THE PAST. I AM FEELING SAFE AND SECURE WITHIN MYSELF.



### 70. BUILDING RESOURCES

FINDING GREATER ATTUNEMENT WITH OTHERS AS WE RECOGNISE WHAT WE DO IN EACH MOMENT IS GOOD ENOUGH.

FEELING SECURE WITH OUR OWN REALITIES, WE ARE ENCOURAGED TO HAVE TRUST IN EACH OTHER.



# ESSENCE

## 1. Agrimony – Inner Harmony

Agrimony restores the ability to express one's true feelings and emotions no matter what these might be. Those in need of Agrimony have much inner anxiety and turmoil that they cover up with a smile and a laugh when in the company of others. They are so successful at this that they appear to be 'the life & soul of the party' without a care in the world. Their sensitivity and dislike of discord leads them to try to keep the peace at any cost. However, when the pressure of these bottled-up emotions becomes too great they may explode in anger and often use alcohol or drugs as a way of cutting themselves off from their unexpressed inner worries. Other indications for this remedy are restlessness and a need for constant outer stimulation. Agrimony promotes ease of expression, leading to feelings of real inner harmony and peace.

## 2. Aspen – Feeling Safe

Aspen helps those who experience apprehension for which there appears to be no logical reason. This can take the form of vague but potent apprehension of some unknown future event or an uneasy 'spooked out' feeling in the dark or in strange places. The creepy, shivery feeling that is sometimes described as 'someone just walked over my grave' expresses the Aspen fear of the spirit / psychic realms very well. Shaking, trembling, or vague fluttering feelings in the tummy together with coldness, paleness & nightmares are all indications of the need for Aspen.

## 3. Beech – Tolerance

Beech helps those who need to establish a more loving, lenient and flexible relationship with themselves and with those around them. Criticism, judgment and intolerance are very common personality traits in today's world where they are often seen as acceptable ways of instilling discipline in children as they grow up. However, when these traits are not balanced with enough love the result is an individual who is constantly critical, intolerant and judgmental of themselves and others. Being easily irritated by others' habits, having a very fixed outlook on life or so sensitive to criticism from others that it is difficult to benefit from life's lessons, are all indications of the need for this remedy.

## 4. Centaury – Self Determination

Centaury restores the qualities of inner strength & self-determination. Those in need of Centaury have a misplaced sense of service and believe that they must put others' needs before their own. They appear to lack the will power to say 'no' and are easily dominated and open to being taken advantage of by those with stronger personalities. As a consequence, they often wear themselves out in service to others and do not develop their own individuality or creativity. Those in the negative Centaury state are often seen as being 'a doormat for others'.

## 5. Cerato – Trust

Cerato restores the qualities of inner certainty and wisdom. Those in need of Cerato have difficulty trusting in their own intuition or 'inner voice'. They appear to have an air of uncertainty around them and tend to seek the opinions of others when faced with decisions in their lives, rather than trust their own judgment. Even when they have consulted with friends & colleagues they will still have great difficulty making a firm choice of direction causing themselves much confusion. The statement 'I don't know' can often be heard from the lips of those in the negative Cerato state. Cerato helps to create a bridge between the personality and the Soul restoring the ability to know and trust one's own innate inner wisdom.

## 6. Cherry Plum – Rationality & Calmness

Cherry Plum restores the qualities of balance, calmness and positive control of the mind. The negative Cherry Plum state can be a very extreme and uncomfortable one in which the personality experiences powerful and irrational fears. Those in need of this remedy often feel that they are losing control of their mind, going insane, or perhaps having a breakdown. They can be snappy, on edge, want to scream or fear that they could be uncharacteristically violent, either to themselves or others. In a very extreme state they may have wide staring eyes and be unable to stop themselves from saying or doing things that are completely out of their normal character. Many women experience variations of these irrational feelings related to their monthly cycle. In all these situations Cherry Plum brings calmness, rationality and peace.

## 7. Chestnut Bud – Learning from Experience

Chestnut Bud helps those who need to focus more fully on their current life experiences in order to move forward. Those in need of Chestnut Bud appear to repeat the same old life situations over & over again, seemingly unable to assimilate the lesson in the experience that would allow them to move on. An example might be someone who finds themselves in a cycle of destructive relationships but cannot seem to make the inner changes that would allow them to disentangle themselves. Chestnut Bud is a generally helpful remedy for anyone who finds it difficult to take in information in any form.

## 8. Chicory – Unattached Love

Chicory helps to restore the principles of unattached and selfless love. Those in need of Chicory tend to be possessive of those they care about, wanting to keep them nearby to cling onto and to love. They can appear to be emotionally needy, manipulative, excessively interfering or easily fall into self-pity and resentment if their efforts at 'helping' others are not appreciated.

Behind the negative chicory state lays an inner emptiness and feeling of being unwanted or unloved that unconsciously drives the personality to use these rather selfish and manipulative ways to get its needs met. Chicory helps to dissolve these personality traits and to promote the more balanced energy of the 'universal mother' who gives her love unconditionally, knowing that love is everlastingly abundant.

## 9. Clematis – Being in the Now

Clematis helps those who all too easily drift off into daydreams and fantasies about the future feeling that life will be better there, than it currently is. People in need of this remedy seem to be generally inattentive or sleepy and might complain of forgetfulness or a lack of concentration. They often have cold feet and hands, and often need lots of sleep. Their lack of desire to be fully present means that they have their 'head in the clouds' most of the time and are generally ungrounded which makes them prone to appearing clumsy or accident-prone. Psychics and those working a lot in their imagination like artists and writers often need the 'reality check' that this remedy brings.

## 10. Crab Apple – Purity

Crab Apple aids purification at all levels. Those in need of Crab Apple have temporarily lost sight of their own innate purity and carry underlying feelings of uncleanness, dirtiness or lack of purity, which in extreme states can manifest as obsessions related to housework or bodily cleanliness. They can be fussy, easily upset and have a tendency to make mountains out of molehills when in the negative state. Other indications for this remedy are skin eruptions or compulsive, obsessional behavior of any sort. As well as being used in the normal way, Crab Apple can also usefully be applied to the skin as a lotion in a little water or added to a bath (10-12 drops).

## 11. Elm – Balanced Responsibility

Elm helps those normally very capable people, perhaps with responsible jobs, large families or dependents to care for who suddenly find themselves feeling overburdened, overwhelmed and uncharacteristically unable to cope with their responsibilities. 'The last straw that broke the camel's back' sums up the negative state of this remedy very well. Taken short term Elm will very quickly help to restore the strength of mind and ability to cope. Taken more long term it will help the Elm personality to determine which responsibilities are truly their own and to balance these with the need for personal nurturing.

## 12. Gentian – Faith

Gentian is the remedy for those who need help to restore the soul qualities of trust and faith at a personality level. Those who need this remedy are uncertain about their relationship with their Creator and find it difficult to see themselves as part of a greater whole in which all is ordered according to a higher plan. They are easily discouraged by even small setbacks in life and can appear pessimistic and cynical because they find it very difficult to see a positive resolution to any problem. The phrase 'doubting Thomas' sums up the negative Gentian state very well.

## 13. Gorse – Hope

Gorse is the remedy for those who suffer great uncertainty in the process of life, causing them to experience feelings of hopelessness and despair. This is a state sometimes found in those with a long-term illness who have lost all hope of recovery or in those whose experiences have caused them to view life 'as a lost cause'. When this state is very deep rooted a person may have dark rings under the eyes or be prone to sigh a lot. Taken over a period of time Gorse will help to dispel these dark feelings and promote new hope and vision for the future.

#### 14. Heather – Empathy for Others

Heather is the remedy for those whose inner sense of isolation and loneliness manifests as a compulsive need to talk about themselves to anyone and everyone - even a complete stranger. When in an acute state, those in need of this remedy appear to have their thoughts entirely focused on themselves and can cause unsuspecting listeners to feel as though they are unable to escape by the very force of their conversation. They make very poor listeners and sadly can drive people away by the very strength of their own neediness. Heather will help to relieve this state so that they are more in touch with the need to give as well as receive.

#### 15. Holly – Unconditional Love

Dr Bach says of Holly that it; 'opens the heart and unites us with Divine Love'. Unconditional, Divine Love is the highest form of love and one that is present within the heart chakra of every human being. However, when this love is not recognised and nurtured the heart chakra gradually closes down and defence patterns of the personality such as anger, revenge, jealousy & hatred take root. Those in this state can also appear to be suspicious, distrustful or supersensitive to real or imagined slights. The powerful energy of the Holly remedy floods the heart chakra with the vibrations of Divine, unconditional love helping to transmute and transform these negative states

#### 16. Honeysuckle – Letting Go

Honeysuckle helps those who are unable to let go of the past in some way. Those in need of this remedy are often locked into past happier times which they feel can never return, leaving them with feelings of nostalgia, sadness or regret. This is an excellent remedy for anyone experiencing difficulty with homesickness, bereavement, divorce, or unaccepted change of all kinds. Honeysuckle helps to dissolve these difficult feelings bringing greater acceptance of the past and hope for the future.

Honeysuckle, Star of Bethlehem and Walnut used in combination are a particularly valuable support for anyone coming to terms with loss of any kind.

#### 17. Hornbeam – Mental Vitality

Hornbeam helps those who feel that they lack the mental strength to carry out the everyday tasks of their lives. Those in need of this remedy often experience a state of procrastination brought on by a kind of mental weariness or staleness. They feel tired even after a good night's sleep and find it very difficult to get going in the morning, maybe needing several cups of coffee in order to be ready to face the day. However, once they eventually do get going they usually discover that they are perfectly capable of completing their day's work.

#### 18. Impatiens – Patience

Impatiens helps those who are driven by an inner sense of urgency, a feeling that they need to get things done 'yesterday'. Those in need of Impatiens can become very impatient and irritable with others who are naturally slower than they are, a state that often creates inner discomfort and tightness. They usually prefer to do things by themselves because it is; 'quicker to do it myself'.

The Impatiens personality does not wait for long for anything, even to the point of finishing others sentences and can easily flare up in anger if pushed, although this will normally be quickly over and forgotten.

They are very independent minded and can become isolated and unable to connect with others in the extreme state.

#### 19. Larch – Self Confidence

Larch helps to restore confidence in one's own abilities. Those in need of Larch have such an in built unconscious certainty of failure that they never attempt new things in life and so never discover their true potential. They automatically feel inferior to others and will stand back, allowing those that they feel are better able than themselves to take up life's opportunities. Larch helps to remind those with these traits that deep down they do have the ability and restores their confidence to live life to the full.

## 20. Mimulus – Courage

Mimulus helps those who feel they need greater courage to face up to the everyday events of life. Those in need of Mimulus suffer unnecessary fear and worry about everyday situations, such as visiting the dentist, flying, swimming, spiders or perhaps taking their driving test. They can appear nervous, shy or timid and may hesitate or blush easily when in situations where they feel vulnerable. Sensitivity to crowds, loud noises, or bright lights are other examples of states for which Mimulus would be beneficial.

As Mimulus dissolves their fears and worries those with this personality trait find themselves able to create a more positive mental approach to life.

## 21. Mustard – Joy

Mustard helps those who from time to time experience a black cloud of gloom that comes and goes for no reason that is obvious. Those in this state feel despairing and unable to cover over how they feel. They withdraw into themselves, feeling separate and isolated from the rest of the world. Mustard helps to dispel the blackness, bringing back light and joy.

## 22. Oak – Strength & Endurance

Oak helps those who need help to restore the qualities of strength and endurance. Those in need of Oak tend to struggle on enduring all things long after others would have given up. They possess great strength and courage and like the mighty Oak tree itself often provide shelter and nourishment for others. However, this is often done at great cost to themselves and can lead to the despairing feeling of being suddenly and completely lacking in the strength to carry on. Often a great weariness comes over them. Taken short term Oak will help to restore strength and fortitude so that they can carry on. Taken more long term it will help the Oak personality to find new balance so that they learn to conserve some energy and reserves for themselves.

## 23. Olive – Physical Vitality

Olive helps those who feel that their reserves of energy are completely depleted and that they have nothing left to carry on with. This could be at any level. In the acute state those in need of Olive often complain of being too tired to do another thing or feeling completely washed out. This is usually the result of situations where a great deal of energy has been used up - over working, a hard spell of digging in the garden or exhaustion related to a long term illness are all situations that can be helped with Olive.

## 24. Pine – Positive Self-Value

Pine helps to restore a positive sense of inner self-value or self-worth. Those in need of Pine suffer from feelings of guilt, shame, self-blame or self-reproach and will often take responsibility for, or even apologies for, something that has nothing to do with them at all. They are never truly satisfied with themselves and tend to feel that others are better than they are. It is difficult for those in this state to find any real sense of achievement or joy in life.

## 25. Red Chestnut – Optimism that all is Well

Red Chestnut helps those who are fearful for the safety of others. Those in need of Red Chestnut worry for the safety of others, particularly those close to them. When things do not happen as anticipated they will immediately fear the worst, imagining that some harm has befallen their loved ones; 'they must have had an accident'. A mother who is afraid for her children when they are even a little late home is a good example of this kind of fear, a fear that will immediately vanish when the family members return unharmed. Red Chestnut helps to restore optimism and trust in the Divine Plan bringing the recognition that everyone has their own path and is divinely looked after no matter what happens to them.

## 26. Rock Rose – Fearlessness

Rock Rose is helpful in any situation where there is the need to transmute the vibrations of extreme fear or terror. In an acute state those in need of Rock Rose may become rigid, shaking or petrified by acute fear. They can be paralyzed by fear or experience the kind of blind fear that creates the urge to run away to anywhere but where they currently are. The tendency to panic in emergencies or to have terrifying nightmares also indicates a need for Rock Rose.



# ESSENCE

## 27. Rock Water – Freedom & Flexibility

Rock Water helps to restore the ability to be open minded and flexible in one's beliefs. Those in need of Rock Water set themselves very high standards and impose very strict disciplines upon themselves in an effort to adhere to their high minded, idealistic principles. They hope to set an example for others to follow by forcing themselves to be saints or martyrs. As a result they live a very rigid lifestyle, often denying themselves even the smallest luxury. This self-punishing attitude creates deeply suppressed physical & emotional needs. The phrase 'a sack cloth & ashes type' sums up the acute state of this remedy very well. Rock Water helps to dissolve these personality traits bringing the understanding that it is loving acceptance of all aspects of self and freedom from dogma that allows us to make real and lasting inner change.

## 28. Scleranthus – Balance & Decisiveness

Scleranthus helps to restore the qualities of balance and decisiveness in the personality. Those in need of Scleranthus can be gripped by crippling indecision when faced with a choice between two things. In this situation they will usually weigh things up and 'um & ah' for a long time. Emotionally they can swing from one extreme to another very easily and may become quickly tearful. Mentally they can have a tendency to respond to outside stimulus rather like a grasshopper, making it hard for them to concentrate in the negative state. Scleranthus helps to restore one's inner point of balance creating a greater connection with the Soul and one's own inner direction.

## 29. Star of Bethlehem – Transforming Shock

Star of Bethlehem is helpful in any situation where shock or trauma of any kind has been experienced, whether immediate or in the past. If this essence is given immediately in situations of shock and trauma it will help to take away the numbing effect and assist recovery. This should obviously not replace medical assistance, but could enhance it.

This remedy can be very beneficial for those who retain shock or trauma at some level from past situations and events. Situations such as bereavement, accident, sudden loss of job, divorce, 'bad' news etc are all situations that might call for the help of Star of Bethlehem.

## 30. Sweet Chestnut – The Light at the end of the Tunnel

In the acute state those in need of Sweet Chestnut feel that they have reached the limits of their endurance and are at the end of the road. In this extreme state they feel an absolute and utter despair or hopelessness – a state of desolation in which they feel isolated from the rest of mankind. Often described as 'the dark night of the soul' this state can be experienced when the personality is faced with the challenge of confronting itself. The 'back to the wall' feeling is the result of the personality's resistance to make the inner change necessary to move to the next level of consciousness, so this uncomfortable state can sometimes precede a big movement forward. Sweet Chestnut brings back the light and joy to life, dissolving the darkness.

## 31. Vervain – Realistic Responsibility

Vervain helps those who need to restore balance to the unconscious belief that it is their responsibility to take care of everything around them. Those in need of Vervain have very high principles and ideals that they seek to convert others to, by the sheer force of their will and enthusiasm. They are perfectionists who tend to overwork, driving themselves way past what is reasonable, often becoming wound up & highly strung as a result. In the acute state they can be fanatical, overzealous and incensed by injustice. Vervain restores balance to these states allowing the personality to take a more realistic perspective in its attitude to responsibility and to recognise the need for others to have the freedom to follow their own path in life.

## 32. Vine – Positive Leadership

Vine helps to restore the principle of balanced leadership through the right use of power and will. Those in need of Vine have a tendency to be over bearing, dominating, certain that they are right and need to take control in every situation. They can find it very hard to hear another's point of view and will intimidate others weaker than themselves, often without realising what they are doing. Extreme examples of this personality type are the ruthless tyrant or bully. Vine helps to open the heart and to remind the personality that positive leadership is the result of a partnership between the heart and the mind.

### 33. Walnut – Adaptability & Protection

Walnut promotes adaptability, emotional flexibility and protection during times of change. We all face the challenge of change many times in our lives and Walnut helps us to be open, flexible and adaptable at such times. This might be changes that occur as we move through the various stages of life, or life style changes such as bereavement, divorce, new house or job. In such situations Walnut acts as a link breaker helping us to release the old and decisively embrace the new. It can also provide a cloak of protection for those over sensitive to their environment or to the influence of others.

### 34. Water Violet – Humility

Water Violet helps to restore the soul qualities of humility and wisdom. Those in need of Water Violet often have much valuable wisdom and insight to share but due to their gentle, sensitive natures find it hard to communicate this to others. They have a tendency to withdraw into their own space and can sometimes appear to be aloof and unapproachable or perhaps slightly superior or proud, all aspects of personality that contribute to their sense of isolation from others. Water Violet helps them to remember the oneness of all things and to dissolve the barriers around the heart chakra that this state creates, promoting the ability to socialize easily and to share their integrity, wisdom and knowledge.

### 35. White Chestnut – Tranquility of Mind

White Chestnut brings the gift of a calm, peaceful mind uncluttered by unnecessary thoughts. Those in need of White Chestnut suffer from a constantly busy mind in which there is no reprieve from revolving thoughts that circulate round and round like a hamster on a wheel. They often experience recurring internal mental arguments and conversations, all states that effectively cut them off from the present moment and can sometimes make it difficult to sleep. White Chestnut brings tranquility and clarity of thought.

### 36. Wild Oat – Clarity of Direction

Wild Oat promotes an inner certainty about the vocational direction of one's life. Those in need of Wild Oat have not yet connected with the inner direction of their Soul that would give them clarity on the direction of their chosen life path. They are often strongly ambitious people with many talents and gifts but as they lack a strong inner sense of how to use them tend to end up flitting from one thing to another. A state of uncertainty that means they are endlessly searching in the outer world for the 'right' direction when the answer is actually within themselves. Wild Oat helps to strengthen their inner connection and promote clarity of direction.

### 37. Wild Rose – Enthusiasm

Wild Rose helps to restore the qualities of enthusiasm and joy in the process of life. Those in need of Wild Rose experience a state of apathetic resignation, which can bring with it feelings of boredom or tiredness. In an acute state they appear to have given up, completely lacking the motivation and enthusiasm necessary to function normally in life. Some people experience this during a long-term illness, having been told to resign themselves to the fact they may never be fully well again. Wild Rose helps to bring back the enthusiasm to find joy in life whatever the circumstances.

### 38. Willow – Forgiveness

Willow restores the qualities of self-responsibility and forgiveness. Those in need of Willow have a tendency to feel a victim of circumstance and to blame others for their life situation. They may become easily bitter or resentful, bear grudges or feel that 'life's not fair' when things do not go their way. Willow helps to dissolve these difficult personality traits and to promote the recognition of the need for self-responsibility, forgiveness of self and others and to restore optimism in their ability to create the life they want.



# ESSENCE

## KARMIC FLOWER ESSENCE

### 39. Fuchsia – Opening The Heart Chakra

This Essence helps to quickly release pent up emotions such as anger, fear & resentment from the heart chakra, giving you access to the higher perspective on a situation that will allow you to forgive and move on.

### 40. Geranium – Bringing in The Light

This Essence helps those who recognise the need to contact their spiritual essence but cannot seem to find the doorway that will give them access to this part of themselves. This situation can create a feeling of being in the dark or a feeling of gloominess. Geranium helps to open the inner doorways so that you can more easily contact your own inner light.

### 41. Lily – Spiritual Connection

This essence, made from a pure white lily, helps to keep you aligned with your spirituality, bringing greater peace, serenity & comfort. It is especially helpful for those experiencing feelings of spiritual insecurity – something that can happen to us all from time to time.

### 42. Pink Rose – Fear

Fearful and traumatic experiences have been a part of life on Earth for thousands of years and many people still have the emotional memory of these experiences locked away in their unconscious. Pink Rose will help to unlock these old memories and transform the crystallised energy that has collected around the issues. Once the root cause has been brought into the light of awareness, it is much easier for us to recognise the lesson attached to the original experience and to overcome the fear.

### 43. Valerian – Lack of Interest

Those in need of the Valerian Essence might carry a deep reluctance to fully take part in life or to completely occupy their physical body due to past difficult experiences which, although long forgotten, continue to exert an unconscious influence on their personality. Some in need of this essence might choose to live in past 'happier' times, or in an imaginary future where life will be 'better' than the present, while others find themselves all too easily caught up in the whirling thoughts of an over active mind. Valerian helps you to uncover and transform the deep-seated beliefs that underpin these states at a personality level.

### 44. Water Lily – Loneliness

Deep feelings of loneliness or isolation often originate from experiences in other lifetimes that have left deep emotional scars in the heart. These form barriers around the heart that the personality unconsciously sees as security against further pain, without realising that the resulting feelings of isolation and loneliness are self-created. Water Lily helps to gently dissolve the barriers, and to release the old energy bringing understanding and the ability to reach out to others once again.

### 45. White Bluebell – Oversensitivity

Those in need of the White Bluebell Essence are often working with strong feelings of vulnerability created by extreme sensitivity to the emotional and mental energies of others. Those in need of this essence are acutely and uncomfortably aware of the thoughts and emotions of others and are often unable to recognise that these are not their own. White Bluebell provides a cloak of protection which allows the personality to bring into awareness the unconscious reasons why it is unable to make healthy personal boundaries.

### 46. Wild Iris – Overcare & Concern for Others

Those in need of the Wild Iris Essence are often working with deep unconscious feelings of responsibility for the welfare of others or the planet. These feelings are often the result of earlier lifetimes in which lessons relating to balanced authority and responsibility have not been fully learned. Unconsciously still locked into these old memories, the personality continues to try to 'fix' everything around them by subtly attempting to coerce, control or criticize others into doing what they consider right. Wild Iris helps to dissolve these old mindsets, allowing the personality to release the burden of unrealistic responsibility.

### 47. Wild Orchid – Uncertainty

Feelings of uncertainty originate from a belief in separation from Source and therefore from the higher aspects of ourselves. Without this connection we are unable to guide ourselves through life from an intuitive knowing of what is right for us, which can create situations where we experience great doubt and uncertainty at a personality level. Wild Orchid takes you deep into the origin of these uncomfortable states allowing them to transform and your consciousness to expand so that once again you are able to feel your connection with Source.



# ESSENCE

## 48. Yellow Rattle – Despondency & Despair

Those in need of this essence carry an innate sadness and melancholy from previous lifetimes that they are often unable to express, and which causes recurring and apparently unfounded feelings of hopelessness and despair to surface in their current lives. The intense sadness of this state is not easy to understand as the originating issue has been deeply buried in the unconscious. Yellow Rattle will gently open the inner doorways that will enable the old memories to be released and transformed.

### DIVINE HARMONY ESSENCES

## 49. Auric Protection – Creating Safe Boundaries

Over-sensitivity is a big issue for many people, one that is often experienced as a vulnerability to the emotions or thoughts of other people as well as an inability to define one's own energy from that of others. Weak energetic boundaries can lead to feelings of being under attack from other people's thought forms, an inability to know which emotions are actually ours in emotionally charged situations and a tendency to feel energetically drained in crowded situations.

## 50. Being Present – Becoming Grounded

The habit of 'by-passing' the present moment in life is a very common one, so common in fact that we do not even notice that our attention is more often in the past or future than actually in the current moment. However, to be in the 'driving seat' of our lives we need to be grounded, focused and willing to be fully present with whatever presents itself in life, especially in today's ever changing energy flow. Staying grounded and focused ensures that we do not simply act out old patterns through lack of attention but instead offer ourselves the opportunity to make new choices based on what is currently presenting itself in our lives.

## 51. Clarity – Releasing Confusion

This is the Essence for those who all too easily find themselves going round and round in their minds in that frustrating state of confusion where you simply cannot 'see the wood for the trees'. It helps to relax the mental body, dissolve 'mental blocks' and encourage the mind to expand so that you reconnect with the greater clarity and positive perspective available from your soul and higher mind. Also helpful for anyone who has a tendency to lose their sense of humor in times of challenge or is prone to hysterical, emotional outbursts.

## 52. Concentration – Creating Focus

In today's busy world there are endless distractions that encourage us to focus our attention outside of ourselves. As a result, the ability to maintain inner focus and concentration has become something that many experience difficulties in achieving when required. Use the Concentration combination to stimulate focus and concentration, reduce scattered thinking and promote the ability to center your awareness within yourself. This is an excellent combination to assist students studying for exams.

## 53. Confidence – Restoring Self Assurance

Lack of confidence in our own abilities can affect our capacity to move forward in life because we do not feel free to give ourselves permission to try new things. Many of us carry unconscious patterns that silently undermine our self-assurance and block our ability to manifest our full potential in the world. Often the development of self-confidence has not been sufficiently nurtured and encouraged in childhood leaving an underlying legacy of inadequacy. This Essence will help to heal the related underlying issues and restore a state of positive self-confidence.



# ESSENCE

## 54. Creativity – Restoring Individuality

True creativity comes from the flow of inspiration available from our soul when mind and emotions are balanced and our Heart chakra is open to receive. Creativity is a quality of the feminine intuitive aspect of ourselves and easily becomes blocked when this is not respected and understood. To express our creativity fully we must also be prepared to recognise and value our own individuality and the gifts that we have to offer to the world.

Lack of understanding of this and an education system that generally values logical learning over intuitive creativity has left many of us frustrated and disillusioned about our creative abilities. This combination will help to transform these old energies and free up your natural creativity.

## 55. Decisiveness – Empowering Choice

This is an important Essence for anyone who has a tendency to put off making important decisions or needs to seek support from others to justify their choices before they are finalised. Many people have difficulty in this area because they were not encouraged to develop this quality during the early part of their lives. Too often children are discouraged from following through with their own choices and decisions because a parent or other influential person feels they know better. Many people also carry unconscious memories of past life situations where they have perceived that an important decision led to difficulty or even disaster.

This Essence will help to release the underlying issues and restore the positive quality of decisiveness.

## 56. Emotional Balance – Restoring Emotional Stability

This is the Essence for those who experience volatile emotions, excessive mood swings or have difficulty remaining calm and balanced in emotionally charged situations. If we are uncomfortable with the expression of our own emotions, especially those that we consider less than positive, they end up becoming buried, which can create imbalances in both the sacral and solar plexus chakras. Common manifestations are feelings of over-sensitivity and vulnerability to other people's emotions or the general sense that you are always on an emotional roller coaster ride. This Essence will help to promote a gentle release of buried emotions creating a firm foundation for greater emotional balance as well as a release of discomfort in the solar plexus chakra.

## 57. Feeling Safe – Trusting Life

The unconscious belief that 'the world is not safe' is a deep-rooted and debilitating pattern in many people. It effectively blocks our ability to recognise our connection with the universal flow and contributes to feelings of separation and vulnerability. Sometimes this belief has its roots in experiences of sudden death, loss or trauma from previous incarnations or sometimes it relates to an event in childhood that we have been unable to understand. A very common manifestation of this belief is a vague unjustifiable feeling that something dreadful is 'just around the corner'. There might also be difficulty coping with change or a lack of trust that life will look after you. This combination will gently help to release and dissolve this old pattern, leaving you free to see life from a new perspective.

## 58. Feeling Worthy – Transforming Unworthiness

This is the Essence for those who easily feel inferior to others, very sensitive to criticism or perhaps have an unexplainable sense of incompleteness. If we do not receive enough nurturing and a positive image of ourselves from our parents in childhood it can be difficult to recognise our own innate value and self-worth for ourselves when we grow up. This leads to uncomfortable feelings of 'never being good enough', or a sense of being not OK in some indefinable way. Defense patterns such as needing to be right or a need to feel 'better than' others in order to feel comfortable are often associated with this state.



# ESSENCE

## 59. Female Essence – Strengthening the Feminine Within

This combination will help to clear away any barriers, prejudices or patterns that have formed in the personality around the perception of the feminine principle that might prevent full acceptance and use of this energy in your life. This applies equally to men as it does to women.

Feminine qualities tend to be those associated with the less logical side of our nature such as creativity, intuition, wisdom, open heartedness and sharing. The wounded feminine often makes herself known in the shape of a difficult relationship with the birth mother or mother figures in general. Resistance to fully honouring feminine qualities such as intuition, nurturing and creativity within yourself or others, together with a sense of injustice, anger or perhaps fear around the way women have been treated in the past might also be indications of damage to the inner feminine energy.

## 60. Forgiving – Transforming Guilt

Guilt is the emotion created when we are unable to forgive ourselves for some past action or situation. Usually the original cause is long buried in our unconscious leaving us with a deep unexplained need to make repayment in some way. For some people this unconscious pattern is a driving force in their lives creating great inner tension and distress. When we are unable to forgive ourselves we may also find it difficult to forgive others. Understanding that we have chosen the events and situations of our lives to provide opportunities for soul growth makes it easier to forgive and move on. This combination helps to promote a greater sense of unconditional love for self and others, transforming feelings of guilt and separation and bringing a greater connection to Source.

## 61. Healing Abuse – Dissolving Trauma

Deeply buried trauma from past situations of abuse can create an unconscious belief pattern that ‘things happen to me’ or ‘I am a victim of circumstance’. Like all beliefs this can be a self-fulfilling prophecy that draws in further experiences of the same. Courage, compassion and forgiveness are required to release these old memories and change the patterns. In these days of rising awareness it is not an uncommon experience for previously suppressed childhood memories of abuse of one kind or another to begin to surface. For some these memories relate to past life experiences, in either case this combination will gently help to release old buried emotions and associated belief patterns so that you are free to make new choices.

## 62. Healing Bereavement – Transforming Grief

Grief is a very powerful emotion and one that many people are unaware that they carry at an unconscious level. A deep loss, whether caused by death, divorce or in some other way, can leave a shock in our energetic system. When we are unable to release the accompanying very natural emotions of grief and sadness these feelings are gradually buried deeper and deeper into the unconscious. Buried grief can often be recognised as a sense of unexplained sadness in the heart or perhaps as a fear of making a real heart connection with someone in case the pain of loss is repeated. As these old memories are released and transformed it becomes easier to open our hearts and renew our connection with the wholeness of life.

## 63. Healing Family – Resolving Family Issues

Our families are carefully chosen by us before incarnation to provide maximum opportunity for soul growth and karmic clearing, although we have normally forgotten this by the time we live the experience. If our early family life provides situations that we perceive as emotionally challenging or painful in some way, such as bereavement or divorce, we can develop barriers to communication and trust that unconsciously affect us in later life. Not only does it affect our ability to interact in our everyday lives it also affects our willingness to open the channel of communication with our soul or with those guides and teachers that can help us with our life journey. Use this essence to help clear and transmute these old memories.

## 64. Healing Relationships – Restoring Intimacy & Trust

Everything in our lives is in some way a reflection of our own consciousness and our close relationships are no exception. This makes them both an opportunity for growth and a challenge since there is no escape from the reflection of our deepest patterns. Many of us carry deep heart wounds gathered from our experiences in past relationships that we carry forward unconsciously into our current relationships. These inevitably block our ability to sustain an intimate loving relationship because we are not able to give and receive love in a truly open hearted way. Defense patterns then build up in the relationship creating barriers to intimacy as each person projects their painful expectations onto the other. This combination will help you to release these old patterns and encourage greater love and trust in close relationships.

## 65. Inner Calm – Transforming Fear

Fear is an energy that is deeply buried in the human collective consciousness and that can affect all of us from time to time. It is a state that is directly related to our loss of awareness of ourselves as an indivisible part of a universe that has love as its foundational energy. However hard we might try to convince ourselves of this truth most of us have had experiences that have lead us to believe that the reverse is the case, leaving us with deeply buried unconscious traumas that continue to be the source of our everyday fears until they are brought into awareness and the related energy transformed. Our fears are often the weakest link in our personality and deeply affect our balance and well-being as well as our ability to reach our full potential as human beings.

## 66. Inner Certainty – Transforming Doubt

Doubt is an emotion created by the loss of conscious understanding of our connection to the Whole. When our consciousness closes down we become isolated and marooned in the personality, without access to the greater picture of life. For some this very debilitating emotion comes to the fore when the events of life are apparently not going the way the personality feels they should, although from the perspective of the soul everything is exactly as it should be. Doubt can also be one of the defence mechanisms used unconsciously by the personality to avoid the need for change. This combination will help transform doubt into inner certainty, helping you to see life from a wider perspective.

## 67. Inner Focus – Enhancing Meditation

For most people some form of meditation or contemplation is an essential part of building a strong connection between personality and soul. The common goal of all forms of meditation is to still the mind and calm the emotions in order to leave a space in which we can open-heartedly connect with the wisdom of our soul. It requires intention, focus and practice and it can be all too easy to allow the distractions of the outer world to draw you away from your inner focus. This combination will help you to find the inner pathways that will deepen your experience of meditation, bringing a greater sense of contentedness and alignment with your soul.

## 68. Inner Freedom – Transforming Judgment

The energy of intolerance in its unbalanced form carries the potential for us to be both judgmental and critical either of others or ourselves. Intolerance is a very common emotion today since we live in a society that strongly identifies with the polarities of 'right' & 'wrong'. For most of us this patterning was reinforced by our upbringing in childhood. However, seen from a higher perspective judgment simply holds us in polarity consciousness and stifles our spiritual growth. Opening our heart and extending tolerance to ourselves allows us to remember that there is no right or wrong way to do things, simply a choice in each moment of how we express our own uniqueness. As we allow this freedom of expression within ourselves it becomes easier to extend it to others.

## 69. Inner Harmony – Relaxation

Inner harmony is a state created when the heart and mind work together in a balanced partnership in which the knowing of the heart is given equal status with that of the mind. In today's activity orientated society the recognition of the importance of this balance has been all but lost, with the result that many people over strive in the outer world and can no longer slow down enough to connect meaningfully with themselves at an inner level. This very common pattern often manifests as an emotional or mental 'tightness', an overactive mind or simply an inability to relax and 'switch off'. This combination will help promote a state of inner relaxation in which new perspectives become possible as the consciousness of the mind and that of the heart come into greater balance.

## 70. Inner Joy – Transforming Despair

Despair and despondency are emotions that are created when we are unable to connect with our own inner light. Deeply traumatic experiences that feel overwhelming to the personality can sometimes result in the choice to close parts of ourselves away. Often these experiences are long buried in previous incarnations but the wounds are still there, with the result that we feel separate and alone. Joy is the feeling that is generated when we are able to connect with and express our true selves. To reconnect with our own innate inner joy we must first release those feelings of despair and despondency that we carry at a deep unconscious level. These feelings can cover many states of mind & emotion ranging from a mild flat feeling to a big black hole of despair from which there seems no way out. This combination will help you to unravel and release the deep-seated patterns that contribute to these feelings.

## 71. Inner Peace – Transforming Anger

Anger is a very normal human emotion, yet it is also one of the more difficult emotions for us to own and bring into balance. Often this stems from a childhood where it was considered 'bad' or inappropriate to express anger or rage. Lacking positive guidelines on how to deal with these very natural emotions, many people carry suppressed anger and rage, which they are either afraid to express, or are hardly aware of because they have buried it so deeply. This kind of buried anger can often act as a barrier to releasing other emotions that are more deeply layered.

## 72. Inner Strength – Restoring Inner Resolve

Many of us have areas in our lives where we still find it difficult to stand fully in our own power, possibly as a result of old beliefs that tell us we lack the necessary inner strength and determination. Where we have a need to develop these positive qualities our Soul will offer us opportunities in life that force us to confront the issues. It can feel most uncomfortable when we face up to the challenges presented to us in this way, but also very rewarding as we see our inner strength and determination grow with each new experience. This essence will help to strengthen and promote the qualities of inner resolve, strength, courage and determination.

## 73. Inner Unity – Male/Female Integration

When the inner male and inner female energies are both honoured and used equally they complement each other so that the power, strength and action of the masculine is balanced by the inspiration, creativity and wisdom of the feminine received through the heart chakra. Integrating these two inner energies to work as a unified whole creates a profound shift in awareness that is the foundation for a much greater integration of soul energy into your everyday life. As more of us reach this state of inner unity it will allow the division between the masculine and feminine polarity that is the root of so many problems in our outer world to heal too.

Lack of unity between these two energies can leave us searching for the rejected energy in our outer relationships, creating co-dependency, unhappiness or a sense of inner emptiness.

## 74. Inner Wisdom – Connecting Heart & Mind

Stored in our soul memory is all the knowledge that we have previously acquired as well as the gifts and talents we have developed throughout our many incarnations. This personal data bank is the source of our inner wisdom but only becomes available to us as we allow the soul to become the guiding force in our lives. Most important in this respect is the ability to connect the mind with the soul through the heart chakra so that the mind serves the interests of the soul. Until we open heartedly acknowledge the greater perspective of the soul we will always be limited in our perception of the world.

This essence helps to forge a link between heart chakra, mind & soul, opening the doorways to the source of our inner wisdom.



# ESSENCE

## 75. Letting Go – Dissolving Attachment

One of the most common patterns of all comes from a belief based on a misunderstanding about our relationship to love. There is a general mis-perception that love is an emotion that is generated by someone or something outside of ourselves, rather than an innate part of our being. It is a very deeply ingrained pattern held in place by many past experiences of separation, grief, fear & loss. At a personality level it leads to unhealthy emotional attachments to people and situations, often characterised by control games and co-dependent relationships. It leads us to hold on to old situations far too long either because it feels too emotionally painful to let go or because we do not wish to inflict pain upon another.

The Letting Go Combination will help to gently release old emotional pain leaving you stronger and more able to create truly loving relationships.

## 76. Loving Communication – Honest Self Expression

From the perspective of the soul the personality is a vehicle for the expression of its love and light on the physical plane of existence as well as a means of gathering experience and knowledge. This requires that all channels of communication are fully functioning at a personality level, particularly the ability to allow openhearted communication with others.

This essence will help to dissolve any blockages in the heart or throat chakras that are preventing honest and loving self-expression, particularly in close relationships. Not only will this greatly enhance your ability to communicate with those with whom you share your life, it will also promote a greater degree of communion with your soul.

## 77. Male Essence – Strengthening the Masculine

Dissolves old patterning that prevents the full use of masculine qualities such as strength, logical thinking & initiating action. This combination will help to clear away any barriers, prejudices or patterns that have formed in the personality around the perception of the masculine principle, preventing full acceptance and use of this energy in your life. This applies equally to women as it does to men. Masculine qualities tend to be those associated with the more logical side of our nature such as logical thinking, strength, power and the ability to manifest action in the world.

A wounded inner masculine is often characterised by difficulties in life with authority or father figures. Fear and judgment stemming from perceptions of past misuse of power are often at the root of unconscious personality resistance to fully accept and use one's masculine polarity.

## 78. Motivation – Developing Inspiration

Inner motivation is the force that we use to initiate action in our lives. When our body, mind, emotions & spirit work are in harmony with each other, inspiration flowing through from our soul provides the impetus which fuels inner motivation.

However, when this positive flow is reduced or cut off for some reason we can find ourselves experiencing feelings of stagnation, lethargy and inertia because we lack the motivation to take positive action in our lives. This is unfortunately a common experience for many because so often our childhood and educational experiences have not encouraged us to act on our individual creative inspiration.

This essence will help to gently release and clear the blockages that lead to these feelings, bringing renewed inspiration and motivation.



# ESSENCE

## 79. New Horizons – Supporting Change

As the connection between soul and personality strengthens, new ideas, understandings and inspiration begin to flow more freely into our everyday awareness. Usually this is accompanied by a wave of change as old ideas and ways of living are replaced by new. Seen from the perspective of the soul change is an essential part of growth, however it can be something that the personality finds challenging, stressful and difficult because it can appear to threaten carefully acquired comfort zones. Our soul will present us with opportunities for change and then wait for us to take action. If the personality feels challenged by these 'opportunities for growth' it can sometimes feel reluctant to step forward causing a stagnation in the natural flow of life.

Use this essence to help you connect with the bigger picture of your life and to find the courage and strength to make change.

## 80. Open to Receive – Creating Abundance

The huge collective belief pattern that there is 'not enough' is at the root of many problems in our world today, most obviously the huge imbalance in how we share planetary resources. At an individual level this belief in 'poverty consciousness' can lead us to experience a lack of money, joy, love, friendship, work, spiritual connection etc in our lives. From the higher perspective of the soul, true abundance is an integral part of our interconnection with Source and freely available. However, many of us carry unconscious patterning that effectively blocks our ability to connect with this all-important Divine flow. Often lack of understanding of our part in the flow means that we are either not open to receive it, or do not understand how to use it and pass it on. This essence will help you to clear and transform the old patterning that prevents you from opening your heart chakra to connect with the flow of Divine Abundance in all its forms.

## 81. Restoring Patience – Transforming Impatience

Impatience and frustration are very common emotions in today's fast moving world where it is easy to forget that there is a place and time for everything if only we would follow the promptings of our own inner voice rather than the demands of the personality. The energy of impatience keeps us from being fully in the moment and often acts as a defence against having to be still and face the emotional turmoil of our inner world. Those who have this pattern very strongly often find it difficult to relate to others and can end up feeling isolated in their own world.

## 82. Self Acceptance – Restoring Unconditionally

Our soul understands the language of the heart chakra, which is unconditional love. Communication between soul and personality therefore takes place through the heart chakra rather than the mind. Currently, unconditional love is not our 'default' setting for communication with each other or indeed ourselves. One of the greatest blocks to this stems from our inability to be non-judgmental and unconditionally accepting of ourselves. When we deny that we are worthy of love we effectively block the love & light of the soul from reaching the personality. This essence gently helps to dissolve this lack of self-acceptance promoting a greater degree of unconditional love for self and opening the channel for greater soul communion.

## 83. Self Responsibility – Transforming Resentment

Resentment is the emotion that builds up when we are unable to own and express feelings of anger, rage or hurt. It closes the heart chakra, effectively blocking our ability to forgive or to see the higher perspective of the events of our lives. Deeply buried feelings of resentment about past situations lead to a tendency to blame others for perceived misfortunes, feelings of bitterness and the often unconscious belief that we are a victim of circumstance.

This combination will help to dissolve & transform conscious or unconscious feelings of resentment encouraging forgiveness and self-responsibility in all areas of life.



# ESSENCE

## 84. Sexuality – Remembering Innocence

Innocent and spontaneous expression of our love for another human being through sexual expression is a beautiful form of communication that we can only experience when we are in physical form. Sadly, so many people find themselves unable to fully use their sexual energy due to the many restrictive and limiting belief patterns that have become a part of our collective consciousness down the ages. Blockages in the emotional and mental bodies relating to our sexuality result in an inability to be truly creative and make it difficult to relate to others in a natural and spontaneous way.

Sexual energy is a powerful force which when combined with an open heart chakra can completely transform our ability to communicate in our inner and outer worlds. This combination will help to transform these old patterns bringing new balance and freedom.

## 85. Soul Connection – Enlightenment

The more that we deepen our awareness and connection with spirit through our soul the greater the quantity of healing light and love that is able to flow through all levels of our being. As this light finally reaches deep into the cellular level of our physical body many profound changes take place as the cells and atoms of our body finally release the old patterns of density that have been formed over many incarnations. This is literally what enlightenment is. This essence helps to strengthen the connection with the soul and to remind our physical and energetic structures how to absorb and use greater and greater quantities of light and love.

## 86. Spontaneity – Freeing the Inner Child

When we have experiences in childhood that we perceive as emotionally difficult or even dangerous in some way, a part of us withdraws as a way of coping with the situation, and is then unable to grow into maturity. As an adult we can then feel incomplete or unable to function fully in some areas of our lives. Often this manifests as an inability to respond to life with positivity, spontaneity and joy. This combination will help you to reconnect with your inner child for healing and release of unresolved memories, emotional issues and fears from childhood. As the inner child is released to 'play' again so the adult also becomes free.

## 87. Thankfulness – Developing Gratitude

Thankfulness and gratitude are amongst the most life enhancing and positive attitudes available to us. When we are truly thankful for absolutely everything in our lives no matter what it is, then we are at the doorway to freedom because we have understood that we are responsible for the events and situations that we draw into our lives as well as our choice of response to them. Acknowledging and accepting our creations with thankfulness and gratitude also creates the opportunity for us to dissolve the old and reform it into something new and positive.

Blessing everything within your life with thankfulness no matter what it is, is undoubtedly a challenge but it is also the gateway to self-mastery.

This essence will help to promote the qualities of thankfulness and gratitude.

## 88. Transforming Addiction – Dissolving Dependency

The belief that something outside of ourselves can make us feel OK is a big pattern for many people today. It is a symptom of the loss of connection with our soul and a consequent over reliance on our mind as a means of living life. In this state our natural emotional flow becomes blocked and our mind constantly creates ways of diverting our attention away from our uncomfortable and often unconscious feelings of separation. For some people these are very deep family patterns that lead to the development of obsessional patterns of behaviour that are often distressing and destructive to all concerned. Some of the more commonly recognised forms of this are dependency on tobacco, recreational drugs, gambling, alcohol, or food.

However, there are almost unlimited ways in which we can experience this pattern – more subtle examples can be seen in an excessive need for television, music, exercise or even meditation when taken to extremes. This essence will help to work with the issues underlying this state bringing calmness and understanding.



# DISCARD

## Process Script – Self

Mother/Father God creator of all that is, was, and ever will be. I call from source the **tool/s** and command it into my **area affected** now.

I command that it gathers up all the energy of **core emotion** and all story elements that are connected to **core emotion** and wash, cleanse, clean, purify and align the energy to the energy of the **tool/s**.

I command all negative portals sealed and strengthened. I command this to be done in all times, places, spaces and dimensions in which I exist in the name of Lord Metatron and Mother/Father God.

Thank you it is done. It is done. It is done.

## Process Script – Self & Others

**Self:** Mother/Father God creator of all that is, was, and ever will be. I call from source the **tool/s** and command it into my **area affected** now. I command that it gathers up all the energy of **core emotion** and all story elements that are connected to **core emotion** and wash, cleanse, clean, purify and align the energy to the energy of the **tool/s**.

**Others:** I command release of this energy of **core emotion** from my **area affected** and return it to **beloved/s name/s** to whom it belongs. I command it be returned healed and with love.

**Self:** I command all negative portals sealed and strengthened. I command this to be done in all times, places, spaces and dimensions in which I exist in the name of Lord Metatron and Mother/Father God.

Thank you it is done. It is done. It is done.

## Resource

I call forth Saint Germaine and the Violet Flame of freedom and forgiveness. I command it into my Shushumna now.

I command that it stays with me for the next **hours** to integrate and support me on the physical as my DNA templates upgrade, transform, transmute and learn a new way of being.

Thank you it is done. It is done. It is done.