

Within this grove of trees, in the grounds of Buckland Hall, near Brecon, there is a powerful energy. It is partly within the individual trees, which are old, and have deep roots, and it is partly within the ground in which they stand, where there is a deep reservoir.



This is a slow energy - we have to consciously slow down to feel it, as the trees have a longer lifespan than we do, and the earth is even longer again. Within this energy we find strength to support us when we feel that we cannot go on, to replenish our reserves.

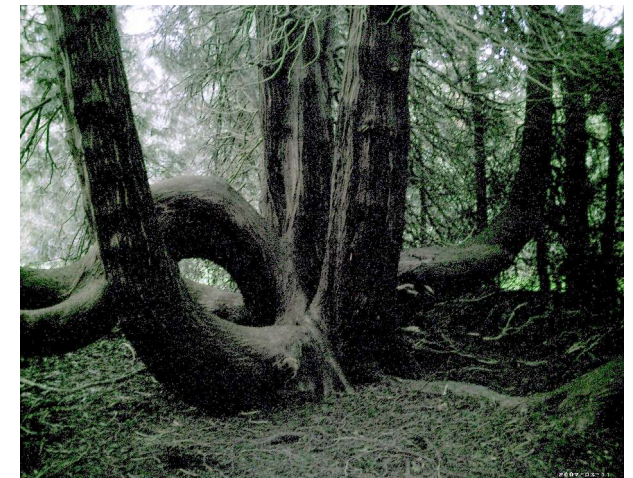
We find peace, the realisation that urgent frequently means ephemeral, and ephemeral can often mean unimportant.



We find the time to stop, and discover ourselves, to listen to ourselves and listen to what the earth, the trees, the universe in its widest sense is trying to communicate to us.



When you take this essence, you will feel yourself slow down, feel strength coming into you and hear what it is that you need to hear.



Other essences

Woodland Spirits of Buckland

Woodland spirits have the ability and willingness to help us with a wide range of spiritual or emotional problems, if we will let them.

Roydon Heath

A protection essence for light workers and healers, made on a beautiful common in Norfolk.

Love of Diana

Is appropriate for any situation where we feel sorrow at a loss - possibly a death. It enables us to reach deep into the love that exists inside and all around us, and to go forward.

Kilpeck

This is a very strong energy, bringing the peace that helps us to realise that, whatever the problem is, within the overall scheme of things there is an answer. And that this peace is ours for the asking.

Goytre

This is an essence for those who have started their spiritual journey, and are open to what awaits them. It is an opening, an enlightening essence, helping you to see the path of your spiritual journey.

How do I take it?

The classical advice for taking an essence is to take a few drops from the stock bottle and make up a dosing bottle (typically 25ml) and then take 3 - 5 drops twice a day, either direct into the mouth, or into a glass of water.

However, there are many variations.

I put my essences into a 500ml bottle of water and drink it during the day. Drops can be put onto the pulse points, or into the bath.

Some people find they need 20 drops or more in a day.

I always encourage people to do what their intuition tells them, and not only to listen to someone else saying what they should do!

If you've got any questions, please e-mail me. Or if taking the essence has a special effect - let me know.



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Deep Strength and Peace



Vibrational Essence