

Other essences

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, it doesn't matter in the overall scheme of things. 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.

Deep Strength and Peace

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.

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.

But there are many variations. I put any essences I am taking into a 500ml bottle of water and drink it during the day. They 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 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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Woodland Spirits of Buckland



Vibrational Essence

This essence was made during an encounter with woodland spirits as I walked in the woods at Buckland, in the snow.



I made the essence by feeling the energies of the spirits in the woods, and they allowed me to make a connection into my 'making' bottle – which was in my healing room at home, 200 miles away. I haven't transferred the spirits into the bottles; but there is an energetic connection between the spirits and the contents of the bottles, so that the spirits can be contacted, or accessed, at a distance.

People usually ask what is an essence for? What can it do for me? I don't have a specific answer to that question.

I believe that the spirits are living entities with special strengths and powers.

They have the ability and the willingness to help us with a wide range of spiritual or emotional problems, if we will let them. Not solve the problems for us, but help us to solve them for ourselves.



So the essence is "for" helping you with whatever you need.

Another group of spirits in the wood gave me a soothing and energising healing later on my walk. They have great healing gifts.

The help they will bring is based primarily on what the person needs; it may be general healing, it may be specific, it may be knowledge, and it may be that 'something' which we feel is missing in our life.



I've put my e-mail address on the label, so that you can share with me anything you want to.