

This essence was made in Wales, and Goytre is a Welsh word meaning "town in the woods".



At the human level, there is no longer a town in the woods - all that remains is the word, as part of the name of several surrounding farms and houses. But the woods are still inhabited, by the spirits of the place.

They woke me up in the middle of my second night here to make this essence, enabling me to transfer their healing energy into the water that was in my healing room, 200 miles away. When I went to their town by daylight there was no sign of them. They are shy, and prefer to remain private. They will only work with people they can trust.



This is a gentle, subtle essence, best taken just before going to bed, so that it can act while the conscious mind is sleeping. The key word is trust - trust that you will receive what you need, and the spirits will trust you to respect and honour what you are given.



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. Be still and know that the answer is there.



This essence may also assist with meditation, for all the reasons given above.

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.

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.

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.



Tony Richardson

ingleside@ingleside2.plus.com
www.inglesidehealing.co.uk

Goytre



Vibrational Essence