

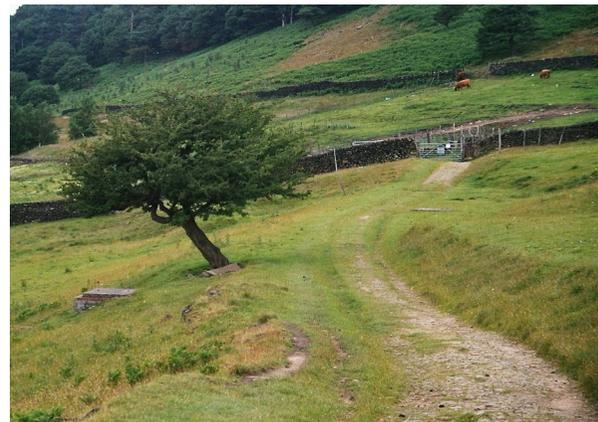
This essence was made on the banks of the Shelf Brook, just east of Glossop. The brook runs through meadows, where cattle and sheep have always grazed. The people who lived here had to be hardy, to keep themselves and their animals safe - safe from evil men, safe from wild animals in the moors above them, safe from the weather. And the spirits that live here supported their safety.



There is another aspect to this essence. Shelf Brook rises on the moors, right at the watershed.



It's a very physical protection, not a purely energetic one. This is protection with a weapon, dealing with an enemy who has to be defeated, not just kept at bay with a barrier.



This energy is centred round a hawthorn, a tree which has a strong reputation for protection. Spirits living here protected the people, and their animals.

Rain falling 200 yards east flows to the North Sea, whereas Shelf Brook joins the Irish Sea. So when a particular drop of water falls from the clouds makes a huge difference to where it falls. A minute later makes it a different journey. Neither journey is better than the other, but they are different.

This is the other message held within this essence; to help us intuitively find the right moment to do something, so that we are on the correct side of the watershed. Remembering, that for someone else, the other side is the right one. After all, without both sides, we wouldn't have both seas!

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, 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.

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.



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Shelf Brook



Vibrational Essence