

The Self Imposed Limits of Energy Work

This article is based on the talk that I gave at the Gathering, in 2008. I trained as a crystal healer, and still see crystals as being at the centre of my work. I've been to Crystal Healing conferences, and learned a lot, but in one sense the talks have been variations on a theme. My visits to the Gathering over the years have been variations on a new theme, and I feel I've learned a great deal as a result of that. So, in part, that's my justification for preparing this article, that variations on a new theme will be useful.

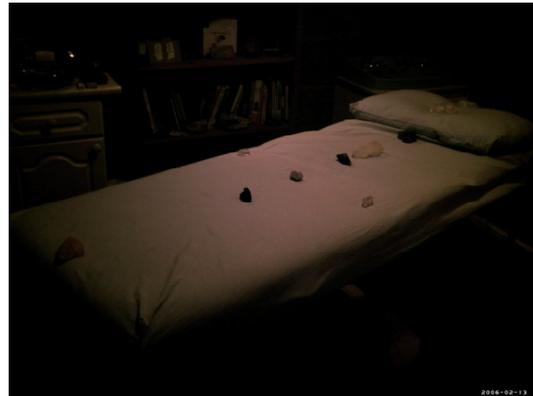
When I do a crystal healing I start by talking to the client, and finding out what they are concerned about - 'issues presenting' as I've seen it described. But there is also a tuning in together, so that we can work effectively during the healing, and that's probably even more important. When I start the healing, I observe the energy flows through the seven main chakras with a pendulum, to see whether they're open, closed or blocked, and if they are blocked what type of blockage it appears to be. I then use two pieces of quartz to balance the energy flows through the meridians, starting at the soles of the feet, then on to the thighs and finishing up at the temples.

The next stage is to ascertain which crystals are needed on each of the chakras, and again I use the pendulum to dowse, and am guided to the appropriate crystals from the hundreds in my room. This is a purely intuitive process - I don't think 'this is the issue, so this will be the crystal' I just follow my intuition as guided by the pendulum. Once the crystals are on the chakras, energy is pulled through the crystals into the chakras. While this is happening I cleanse the aura, removing all the rubbish that accumulates there, both from outside sources and the client. There is no pre-set limit on how long this takes - the cleansing and the energy passing through the crystals may take different amounts of time. But at some moment, it feels finished. Typically the client moves in some way, or becomes more awake.

Isaac Newton said, "If I have seen a long way, it's because I've stood on the shoulders of giants." and that's how I feel. My first giant is Hazel Rouse, who I met at the Gathering a few years ago. She makes the 'Song of the Sky' range of Essences, as well as other things. After we'd worked together she said to me that I could do this over the telephone. Well, there's no phone in my healing room, and I couldn't dowse with one hand and hold a phone in the other. But after some thought I realised: during the healing I'm working on the chakras, the meridians and the aura. I don't need the physical body at all. And so it has proved. If the initial contact is made over the phone, the tuning in, then if the client goes and relaxes somewhere in their own home, I can work in my healing room, feeling the

chakras, the meridians, the aura exactly as if they were there. 200 miles just doesn't matter.

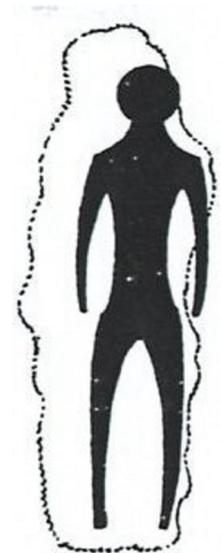
I've done this on several occasions, with different people, and – when we've compared notes afterwards – we've found that we both felt that the healing ended at the same time. The picture is an example of how the couch looks, taken after the healing had finished, before I cleansed the crystals and put them away.



I'm not a reflexologist, but I have been told that reflexology can also be done in exactly the same way, at a distance.

My general theme of this article is to show that the limits we perceive when we start practising are not set in stone. When the time comes for us to go beyond them, we will be shown how to do so.

I had an appointment to see a healer, called Lin one day. When I got there I found that she'd been involved in a minor car accident the day before – a shunt from behind. She wasn't physically hurt, but she still looked a bit woozy. I saw that she wasn't centred in her aura – she'd been knocked sideways. Happily, there is a simple crystal healing technique to deal with this, using petrified wood. Unhappily I hadn't brought any crystals with me. Happily, she also practices the hot stone massage technique, so I took one of the stones and asked if it would adopt the properties of petrified wood to do this work. It agreed, and after a few minutes Lin was ready to give me a healing.



My next giant is Carole Preen, who taught me crystal healing. She also teaches massage and aromatherapy, and over the past few years has been very heavily involved in the formation of the Aromatherapy Consortium, which has done a great deal of work to establish Aromatherapy with 'the establishment'.

Making a crystal essence is very simple. It is based on Dr Bach's method for a flower essence, and simply consists of placing the crystal in a glass of water, in sunlight for a few hours. However, this is not always feasible - we may not have sunshine. Cathie

Welchman solves the problem with a lack of sunshine by using a sunlamp. Pat Turner, who introduced me to crystal healing, solves the problem by realising that the sun is shining above the clouds, and so is always available. Carole taught me that if I have given someone a healing using a particular crystal, and find that they need to take an essence of that crystal away with them, we may not have two hours to wait – we may not even have sunshine! A number of crystal healers meditated on this problem, and all were given the same answer: fill your dropper bottle with water and a drop of brandy, and take your crystal. Ask permission from the crystal, and then ask it to transfer the necessary vibration into the water, holding the two close together.

Well, I got to thinking. If I can transfer that energy over the distance of one inch I can do it at six inches. Or a mile. Or hundreds of miles.

So, when it was announced in the Gathering programme for 2006 that there would be a walk in Buckland Woods, with the intention of making an essence as a part of that, I set up a bottle of Buxton water in my healing room before going away. And, sure enough, a group of wood spirits made themselves known to me, and gave me permission to make an essence of their energy, transferring that energy from Buckland Woods through me to the bottle of water 200 miles away. (For more information see Essence October 2006)

Let me make a very important point here, which applies not only to the example above, but also to other examples in this article, which is the need to always ask permission. Sometimes this is very specific to the energy that one is accessing, and sometimes one asks 'the universe' if what is planned is acceptable, but it is vital that one asks. If permission is refused there is always a very good reason for it. And if we work without asking permission, the results are not what we expected. I know – been there, done that!

In that case I went out, specifically looking to make an essence. A year later, staying in a B&B close to Buckland Hall the night before the Gathering, I was woken up in the middle of the night by some spirits and told to make another essence. I had prepared a bottle in the same way as before at home, but I was surprised to find I could make an essence lying flat on my back in bed, feeling the energy passing through me and in to the bottle.

At that, I did well. In order to make 'Unification' essence, David Ashworth's guides got him up from his hotel bed at six in the morning and told him to go downstairs in his dressing gown, walk round a particular tree three times and then make the essence! At this year's Gathering, Frances Pearson had to go out at six in the

morning, and stumble up a muddy path through the woods in the rain for her essence!

On another occasion, there was a change. I was out for a walk on Roydon Heath when I met a strong 'place' energy. I took a photo of the tree where it was centred, but knew that now wasn't the time to make an essence.



The right time came a few weeks later, when I set a bottle up in my healing room one evening. I also had to light lots of candles, and then reach out to the energy, and bring it in to the bottle, adding the light as well as the energy to the essence (which is a protection essence for light workers). No limits! We will always be guided when we need to do something new.

Marion Davis (aka White Hawk) has been making her New Life Essences since 1993. Let her take up the story:
"On the 31st of August 1997 came the sad news of the death of Diana Princess of Wales. Floral tributes poured in to London from all over the world. On the day after her funeral I felt compelled to go to Westminster Abbey and Buckingham Palace to pay my own respects. I took a bottle of purified water with me. The flowers outside Buckingham Palace were about 4 foot deep and they amazing smell was overwhelming. At Westminster abbey asked permission to make an essence. The devas communicated back to me. They were puzzled why they were there, thinking that hundreds of people must have died in some disaster. I told them a much-loved princess had died in a tragic accident with her boyfriend and "introduced" them to Diana. At that point I was told because of the sheer numbers of different flowers the essence could have done anything, but I felt I would leave it up to the Devas to decide what was appropriate, then I knelt with the flowers, to create this essence, without disturbing the flowers. I felt a buzz pass though my hand as I held the bottle as the energies passed into the water. The result was Pink Angel - an essence for grief that Diana herself would have benefited from. She has come to me many times in my dreams thanking me and giving the essence her blessings."

My wife, Stella, had a bottle of Pink Angel, and one day I broke it. Knowing the background to how it had been made, she was very cross, thinking that there would only be a finite number of bottles

of the essence. In fact, she was wrong, there are still bottles available. I thought about the problem, and reckoned that if I could travel through space to make an essence I could travel through time. So, I reached out to London, and then back in time to when those flowers were there, and brought that energy forward, into a bottle. My 'Love of Diana' is not the same essence as Marion's 'Pink Angel'. We are different people, and even if we'd sat beside each other making the essences at the same time, we would have made different essences. My essence taps into the great swelling of love that was there, and helps us feel that love.

Another occasion when time travel happened was when Stella was releasing a physical trauma, and realised that she was also releasing that trauma from her father, who had served in the Second World War. And from his father, who had served in the First World War. In fact, she was working with men who had died at Mud Corner, in Flanders, releasing the terror they had felt as they died in the mud.

During 2006 Royal Mail changed the way they charged for postage, and sending essences through the post became a lot more expensive. I hunted around for bottles that would be small enough to be a large letter (rather than a packet) but without success. Then the thought occurred to me that instead of water I could use homeopathic pillules. They would go into a small plastic container that would be classed as a large letter – or a few in a plastic bag would go as a letter. But I was concerned, that I would be losing the advantages of water, with its living characteristics and its memory. Eventually I decided to give it a go, and ordered up what I needed. I brought the pillules into my healing room and put them down. "Well, what's all this then? Never seen anything like this before." When I told them what I had in mind, they seemed very excited. "Go for it." So I have. I filled a bottle with the pillules, held it near to the mother tincture and asked the energy to transfer from one to the other.



I certainly wouldn't claim these are better than essences in water, but they are different. They are simply another delivery method, which may suit certain clients who would prefer a pill to drops of water. They are lighter to carry around with you if you're out and about. They can be posted easily, and can be taken into places where alcohol is not permitted – like prisons.

Let's make this very clear. I'm not saying, "The old ways of making essences are out of date. Here are the new ones." Could I say that in a talk with Julian Barnard and Vivien Williamson in the front row? What I am saying is that sometimes the most appropriate way to make an essence will be different from the one that you've learned,

for some reason. And when that happens, the universe will show you the way to go forward.

Erik Pelham gave a talk at the Gathering, on his range of butterfly and sea essences. He tells us:

"When I got a contact with a Deva I asked the question that was burning in my mind, which was 'How do we human beings obtain and benefit from the sea energies from deep ocean creatures that we cannot easily capture, to potentize their essences from them?' I received the reply: 'You do not need the sea creature for the essence – we the sea devas can potentize the essence directly through you'.

"I was stunned as I had had no thought of doing this before that, and for almost 2 years the thought of doing this went round and round my mind before I did anything about this. Finally it came to me to trust my ability to tune in through images. I just needed my pendulum and a lot of trust. I simply used photos of sea creatures from the 'National Geographic' magazine and I started with a picture of a 'Gossamer Parasol' sea creature. I simply put my left hand on the image, held the pendulum in the right hand and asked for a contact with the deva. Seconds later I felt a shudder of energy as the deva 'locked in' to my Astral body and after a brief conversation, I felt the energy coming through and the essence was made. Incredibly simple and quick – no 'hocus pocus' or ritual, just a simple request, quick chat and it was done!"

Last year I went to a workshop on the Rainbow essences, made by Steven and Renata Ash. Their way of working was based on Dr Bach's method, but they went to a great deal of effort to create a sacred space in which to work, calling in the spirits to help them, and making sure they were completely dedicated to the essence they were making. If I say the preparation was almost ritualistic I don't mean it critically. It shows in the essence, too. One evening I was working by myself in my room, and became very aware of the energy in all the essence bottles there. It just so happens that I only have essences from people I have met, and the Rainbow essences were the purest there, with no more than a hint of Steven and Renata, whereas the other essences had more of the makers in them. Not that one way or the other is better, but the differences are there, and will be important. I work in a more intuitive way, feeling the moment, feeling the energy and following where it leads. For any of us to try to work in somebody else's way would produce an essence where we felt that we hadn't done our best by that essence, and so it wasn't the best possible essence we could have made.

Immediately after the talk on which this article is based Carrie Thomas came rushing up to me. She'd made an essence while she

was away from home, and hadn't had anything to act as a preservative. By the time she got home, the essence was spoiled. She was now going to remake the essence, standing her bowl of water on the photographs she had taken of the flowers.

Another example of going beyond what I was taught, happened when my wife, Stella, was working with Hazel Rouse at the other end of the telephone. They found that Stella needed an essence that we didn't have in the house, and neither did Hazel. I was able to reach out to the bottle, and bring that energy back to our house, where I stored it in a piece of plain quartz. Since then we have both reached out for essences when we have found they were needed, in the event that we haven't had a bottle to hand.

Recently I went into a shop in town, and found the lady who runs it in a right state, having problems with the drains. I'm not a plumber, but I was able to reach out to the source of one of my essences, and place that energy in a glass of water for her. "It won't solve the problem, but it will make you feel less bad about it." I said.

I'm going to close with a few examples from some more giants. Andrew Tressider, who works as a GP and a Flower Essence Practitioner, also uses homeopathy. On occasions, when working inside a prison he has found he hasn't brought the most appropriate homeopathic remedy with him. (Flower essences are out – it's a six-month jail sentence for smuggling alcohol into prison!). So he succusses a remedy that he has got with him, and asks it to become the remedy that he needs.

Vivien Williamson, who makes the Sun Essences, in a recent article in *Essence* (Summer 2007) described how she wished to make an essence when abroad, but the plant was protected, so she couldn't pluck a flower. The she saw a plant bending over, so that she could place her bowl of water underneath it, and make the essence. When the essence was finished, the plant stood up straight again.

There are no limits. What needs to be done, will be done, and the means of doing it will be given, simply by asking. There are no absolute right and wrong ways of working – there are guidelines given to us by our teachers, but when we follow our hearts we will always get it right.

When *Essence* magazine gives details of the Gathering, it always says "non-members are most welcome" and it's not just a conventional phrase – as a non-member I have always been made very welcome. For me, the Gathering is a chance to meet old and long established friends and see how they've grown in the past year, to make new friends, and to learn a great deal, both in the organised

talks & workshops (40%), and just in conversation and discussion with anyone and everyone (60%). Huge amounts of the article above have come as a direct or indirect result of someone I met at the Gathering. If you've not been, may I whole-heartedly recommend it. My talk, and this article, is part of my thank you to you all for your friendship and welcome.