



Using Essences, Oils, & Subtly Charged Waters

Essences

Essences are made from water and a natural source and preserved with pure alcohol. There are a bunch of different companies that formulate essences and sell them. My favorite remains the first, Bach Flower Essences.

Their essences are made from the morning dew from leaves and flowers collected without harming any plants and then mixed with pure distilled water and a tiny bit of alcohol based preservative such as Brandy. You can buy stock bottles at most health food stores and then create your own dropper bottles for use. You can use the stock bottle as your personal source for taking as a healing remedy but it is overkill. Better use of essences is to dilute some of the stock bottle into a dropper bottle to create a personal remedy bottle.

You can make your own essences by putting a crystal bowl of pure water in a bed of vibrant and healthy plants and leaving it for 24 hours. The water will absorb the energetic of the plants, the earth they are growing in and the energy of the garden they inhabit. It is important to not put your fingers in the plant water while transferring it to another glass vessel. If you want to capture an animal essence it would be the exact same way – a clean bowl of water near a nest or sleeping area of the animal. Put a fine netting over the water secured with a rubber band to keep animals from drinking out of the bowl or from plant debris falling into it. Put the water into a glass jar, add a teaspoon of brandy into it and seal until you want to use it. Don't forget to label the jar clearly.

Making a Personal Remedy Bottle:

1. Fill $\frac{3}{4}$ of the 2 ounce bottle up with distilled or other pure water



2. Place a specific number of drops such as: 4-10 drops- (not dropper-fulls drops). Douse dosage.
3. Set the mixture and preserve it with a teaspoon of brandy.
4. The essence must then be succussed before use. Do this by shaking the bottle against the heel of your hand. Hit it or succuss it 21 times. This only needs to be done once.
5. When the remedy is used do not touch the dropper to your mouth or hands. Drops placed under the tongue and held there for 20 seconds.

Essential Oils

There are many really good sources for essential oils today. I have found a couple really reliable companies- one is Young Living and other are Nature's Spirit, and Rock Mountain Oils. Pure essential oils should not be applied directly to the skin but instead diluted with another oil. Almond, jojoba, or sunflower oil are all good carriers of pure oil.

Starting with the basic oils of: Lavender, Rose and Sandalwood you can treat many different conditions.

Lavender is used for: Anxiety, chronic tiredness, depression, and completion

Rose is used for: Anxiety, nervousness, integration, stress, and heartbreak

Sandalwood is used for: Anxiety, nervousness, depression and clearing space.

Essential Oils can be dropped onto stones to empower the release in a Stone Array, they can be rubbed into bedsheets or nightgowns or rubbed into undergarment to release over a day's wear improving health and vitality. They can also be used in atomizers and added to water and sprayed into a space to make it more available to healing work, spaciousness, and mental clarity. Lavender is helpful with sleep and brain health. Eucalyptus, Sage, Cedarwood and Juniper all support healing from colds and flus. Sage also is a great space clearing agent. Bergamot is a spicy and powerful



essence that awakens the senses, relieves stress and cleanses infections. Jasmine is another stress reliever.

Many people like using Essential Oils in combinations to achieve specific results. Chamomile oil blended with Lavender oil makes a healing oil to calm and soothe frayed nerves. Rose and Lavender blended together with Lemon or Orange help make a scent that will soothe jangled nerves and support even the most difficult situation. Oils like White Angelica, geranium, rosemary, Tea tree oil or peppermint all support health and well-being and each oil has a distinct gift that can support and repair, replenish and heal deep wounds.

For colds and flus- Peppermint, eucalyptus, lavender, and frankincense oil

For headache- Rose, jasmine, lavender and peppermint (rubbed on the temples)

For belly ache- peppermint, rosemary, lavender and Tea tree oil (smelling it)

For coughs- Frankincense, oregano, thyme, cinnamon, and geranium oil

Charged Waters

Transmutation of oils, charged waters and empowerment of rocks is accomplished by bringing in Source Energies into the client and through the medium of the oils, waters or rocks.

1. Put up a generator and focus it to charge water is a powerful way to take these strong and primordial energies internally.
2. To preserve them add a teaspoon of brandy and label the bottle including putting the date on it. I find putting 1 teaspoon of brandy in the water before the generator is set incorporates the brandy preservative with the subtle energy and the basic frequency of the water.
3. Succus the bottle 21 times on the heel of your hand to potentize it after the generator is complete.
4. Dowse how long the generator should run to correctly charge the water .