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Our Essences and Elixirs are available in spray form or liquid and solid roll-on. You will find pricing info on the last page.

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## What are Vibrational Essences?

A Flower Essence is distilled water infused with the specific vibrational healing pattern of a flower blossom. Just as each cell in our bodies contains the pattern or blueprint of the whole, the same is true of plant cells, minerals, and elementals.

When creating a flower essence, the vibrational healing pattern of the flower is released and imprinted into a bowl water, using the light energies of the sun or moon. After sitting in nature for the allotted time to complete the infusion, the water is then proportionately preserved in alcohol (generally brandy) or vinegar. This is what is referred to as a *Mother Essence*.

Drops of a Mother Essence are now added to smaller spritzer bottles containing distilled water and brandy (or Jojoba oil for roll-on essences). This dilution of a Mother Essence allows easy access for individual use.

Generally, essences born in sunlight relate to the logical, daytime consciousness, while the moonlit essences correspond to the emotional, night-time consciousness—although this is not a hard and fast rule.

Each plant has a specific task within the ecosystem and will follow its pattern to completion. Dandelion, for example, is known to be a *cleanser*. It draws in from the soil surrounding its roots, taking in impurities that are not life-promoting and transforming them into energies that enhance and support the ecosystem.

As they thrive and mature, these plants carry their healing action to deeper and deeper levels, cleansing the soil. In using Dandelion Flower Essence in our own healing, we are accessing and reactivating this same pattern within our own system on a vibrational level.

Your personal intention is very important when working with essences. Everything that enters our aura is immediately channeled through our electrical/nervous system and whatever we accept into our system or consciousness becomes part of our being.

When we receive a thought, our neurological center sends that impulse of information from the brain throughout the system, giving our system the patterns of how to *react* or *respond*. If the ingrained patterns or core beliefs we are presently holding within ourselves are imbalanced, we are most likely to express the accompanying reaction rather than a new response. This further reinforces the old pattern.

When we work with an essence, the vibration interacts with our system by sending its healing information through as electrical impulses, stimulating the corresponding areas and inviting our system to follow this new pattern.

Water is the foundation of all life forms here on our planet. When water is diffused or shaken, its molecules vibrate rapidly. The basic molecular structure of water allows it to take in any properties that it comes in contact with. It accepts and encloses any element it touches, accommodating without judgment or discrimination. It is from this ability to accept *all that is*, that all life emerges.

A simple exercise will demonstrate how flower essences work within the system. Drop a pebble into a puddle of water. Notice how the vibration goes outward from the pebble in rings. When the last ring touches the outer perimeter, or container of the water, the action reverses and the rings all come back to the center; like waves reaching a shoreline. The vibrational flow of the water has been changed because a new vibration has been added.

Every stone or crystal has its own frequency or rhythm that flows outward from its core and back in, as do the plants and all of Earth's

children. When any vibrational energy or healing pattern, such as that of a stone or a flower petal, is added, it causes a vibration in water; the water takes in and accommodates this new vibration—it is transferred into the water, thereby changing the vibration of the whole.

Our body, the human system, is a *container* and it's mostly full of water. When we use an essence, a *vibrational healing pattern*, our system accepts and accommodates this new vibration. Using a vibrational essence is like asking our system to do what the Earth's patterns are asking them to—to *follow the vibrational pattern to produce a healing and balancing effect*.

By learning to identify the imbalances in the patterns or imprints we have adopted and have been following throughout our lives we can find a corresponding healing pattern in nature to assist ourselves in returning to our original healthy blueprint.

The intent of the essence maker co-creating with nature is also a strong factor in their healing effects, as the essence maker as the conduit through which the energies travel into the essence water. Holding sacred space, clear consciousness and a trust in nature allows the process to begin at the right time and place and invites in the corresponding elements required to co-create the essences. It is the willingness to find balance and to learn from the Earth herself that allows the elements to assist.

Other types of essences include Gem Elixirs, created by adding the vibration of stones and crystals to essence water. There is also a wide range of vibrational essences; including those created using the different vibrations of the winds, the sun, the moon, planetary events, or the frequency of place, such as the energies at Stonehenge, for example.

Storm essences, created during different types of storms, such as those with driving rain, thunder and lightning, can be helpful to the human system when working to clear blockages or the clear the emotional and mental body of old, ingrained imprints and core issues. These types of essences are also great for atmospheric cleansing.

Using Influential Vibrations Essences is very easy. For spray essences, after stating your intention of what issue you intend to heal and what changes you would like to make, simply spritz the essence into your aura or onto your skin. One spritz of an essence is sufficient. Continue to use the essence 3 times per day for 3 days, or until you see desired changes occurring (unless the essence has other special directions written in the definition).

For roll-on essences, simply roll a small amount on pulse points. Desired pulse points are inside your wrists, inner elbows, behind the knees. Essences can also be applied to chakra centers. Continue to roll-on 3 times per day for 3 days or until you experience desired changes.

When using atmospheric cleansing essences or elixirs, spritz the essence into the immediate environment

# Essences & Elixirs

## A Ripple in Time

*A Ripple in Time may assist you to heal core issues and help you make the leap to new realities!*

We are presented with countless choices throughout our lifetime and each one has the potential to lead us down a different pathway. Sometimes, it seems we find ourselves in the middle of nowhere and wonder just how we got here.

Born under a rare and large Supermoon, this essence vibration is helpful in times when it feels like we've lost control of our life and are headed down a path that seems not of our choosing. There is much confusion and difficulty in these times because we feel hopeless, powerless, and don't see any other options available.

A Ripple in Time is a multi-dimensional essence vibration that may assist us in healing imprints or core beliefs that we are carrying, but may not be consciously aware of. These patterns we blindly follow may be what caused us to be on an undesirable path. They may be beliefs that we've adopted in childhood that tell us we are unlovable or unworthy or they may be ancestral imprints that we carry in our very DNA.

This essence vibration has the ability to easily ripple through the layers to the very depths of the unconscious mind, loosening the threads of the imprinted patterns of yesterday, making room for other potential realities to begin to emerge—and this causes a positive reaction in the outside world. As you work with the essence, watch for affirming reflections in your day-to-day life as new opportunities present themselves. You will have choices available but it is up to you to take that step into this new and different reality.



An example of a common familial or ancestral imprint might be that our ancestors were subject to the caste system. If they were at the lower end of the hierarchy, they would not have been allowed to rise above their station in life, thus making it very difficult for them to grow and flourish. Many of us carry this particular imprint to this very day, unaware of its influence on our decisions and the invisible barriers it creates in our lives.

Again, as the vibration ripples through while unraveling the strands of the ingrained imprint, pay special attention to new possibilities that arise and prepare to take the leap onto a new path that is more aligned with your conscious intentions.

## Alchemy Elixir

Alchemy Elixir was born during a solar eclipse, with the new moon in Leo. A manifesting aid, its vibration is powerful, fiery, creative, playful and confident, and it just might initiate many magical beginnings! It is perfect for use when launching a new venture, to awaken to the myriad of possibilities and unlimited potentials available—and it has the ability to provide the energy needed to carry it forward!

Try using Alchemy Elixir before sleep, to slip into dream realms you have yet to explore, or when beginning a relationship, an adventure, when buying a home, starting a new job, or for beginning a whole new direction in your life!

Alchemy Elixir contains the vibration of a double-terminated Quartz Scepter wand. It is well known that Quartz is a transmitter of information in the form of light waves or frequencies. A double-termination allows a crystal to send and receive information from both ends or points simultaneously. Since a Scepter point is multi-faceted, light is sent out and received through every facet in all directions. This makes it a very busy crystal!

A Sunstone was added as well. Sunstone, with its reddish-golden hues of the manifesting realms, also carries inclusions of Hematite; a reflective stone known for stability and its grounding abilities.

Sunstone is quite capable of reaching great depths in the manifesting realms, bringing with it an abundance of golden light to illuminate the darkness and reflect back to us what hidden gems it discovers there.

A Peristerite Moonstone was also added. This beautiful Moonstone is imbued with iridescent rainbows, and this ensures its energies will ripple through all of the colour frequencies imaginable. Moonstone's energies also work well in the dream realms, where all things are possible.

## Autumn Fairy Ring

*Autumn Fairy Ring Essence may assist in manifesting new possibilities!*

Ready for something new and exciting in your life? Then step into the ring—the fairy ring! This essence was brought through in a fairy ring of mushrooms that popped up overnight, magically appearing in response to the happenings in our skies overhead! It just so happened that a Perseids meteor shower was at its peak, bringing new light to Earth—*many new patterns of possibility straight from the stars!*

Autumn Fairy Ring is for use in times when you know you need something new in your life but haven't any idea what you're looking for. Or perhaps you know you need to make changes but, again, no clue as to what they might be. Could it be because what you're looking for has never been manifested on the Earth plane before? Absolutely, it could!

This clear and balanced essence vibration may assist you to draw in new and original ideas, creativity, exciting options and new directions! The frequency of a double-terminated Rutilated Quartz is also in the essence to amplify its effects and accurately direct its vibration to whatever area of your life the essence is needed.

# Celestial Navigator

*Celestial Navigator Essence may help you find your right place.*

This essence was born in the evening as Jupiter and Venus converged in our skies overhead, their combined energies creating a magnetic field. A *map of the stars*, this very deep vibration holds an extremely focused intention—the pattern for a healthy, loving society, and it can assist you in discovering your right place within society or within the collective consciousness.

If you've ever wondered, *Where exactly do I best fit into the bigger picture? What is my right path? How can I contribute and be part of building a healthy world? What line of work would best benefit me, personally, while allowing me to be an asset to my work place?* then this essence might be just what you're looking for! Simply ask your question and begin using the essence.

Jupiter holds the image of the magnetic collective as Venus pulls your energy into alignment with what is needed and illuminates your path, showing you where your personal talents best fit in to the benefit of yourself and the whole.

The essence vibration can be directed to discover the best fit for you in the world, your immediate community, your place of work or other avenue of your life. Larger groups of people would also benefit from the vibration of this essence, perhaps to discover the right path for their community.

## Closure

*Closure Essence may help you let go, accept situations just as they are, and move on with life.*

Born near the end of a natural cycle during the peak of a Geminids meteor shower, this essence carries a sense of completion and may be helpful to individuals seeking closure.

Whether your concerns are with past relationships, projects, or hopes and dreams, this essence is for times when you know, deep in your heart, that it's time to let go and move on. The issues may not feel finished, or perhaps you didn't manage to accomplish all that you set out to do and you still see some loose ends. You may even re-visit the situation sometime in the future—but for now, Closure Essence may help you to accept things right where they're at, be okay with it all, and to clean off your plate before opening up to your next new cycle.

## Crystal Mountain Myst

*This essence vibration offers relief from shock, trauma, stress, panic attacks.*

Crystal Mountain Myst Essence is intended for *emotional clarity*, which then allows for mental clarity. Imagine your emotions are a storm brewing; clouds are moving in, rain is falling, winds are blowing, and you can't see the way ahead. The effect of this essence is like the parting of the clouds to allow the sun to shine through and dry things up, making it clear and calm.

Crystal Mountain Myst can be an effective treatment for shock, as in cases of accident, or at any time the emotions are in turmoil. It is beneficial in times of depression, anxiety or grief, when you are unable to make clear decisions due to too many emotions churning at once. It is also effective in calming children's disruptive behaviour, such as when they've had too much sugar!

Crystal Mountain Myst Essence does not dissipate the emotions, put them on hold or suppress them, as some other essences do (although at times this action may be preferable and even necessary); rather, it helps to keep the emotions moving but at a much slower pace, drawing them upward through the system, into the conscious mind. Here, you can bring the emotions into perspective by looking at each one separately and thoroughly.

This allows for a natural, gradual, much needed clearing of the emotional body. It's like reaching the peak of a mountain where the air

is still and you can see clearly what's going on below because you're no longer in the midst of it. From this point you can proceed to make healthy decisions.

Crystal Mountain Myst may be helpful when healing the lasting effects of any type of abuse, addiction, childhood trauma, or when transforming deeply-ingrained emotional patterns and false belief systems, such as those adopted in childhood or during unhealthy relationships, etc. Again, it allows you to give each wave of emotion the time and attention it needs in order to effectively release it. Crystal Mountain Myst is also excellent for use with pets and plants. It can be used over long periods of time.

## Earthshine

*Earthshine Elixir may assist you to hold your focus or intention steady while accomplishing a task or when manifesting your desires.*

This elixir was born during a period of *earthshine*, which happens when the sun reflects off the surface of the earth and lights up and reveals the unlit portion, or darker silhouette, of the waxing moon.

Earthshine Elixir has an amazing ability to *hold focus*. A Rutilated Quartz sphere was added to the essence waters. The energies within the elixir travel along the lines of Rutile as they are amplified and propelled forward by the frequency of Quartz. While assisting with mental clarity, the elixir also lends its forceful nature when it comes to setting your intention to accomplish a task and follow it through to completion. It's a great assistant to help you out with any manifesting endeavors!

Earthshine Elixir may be helpful to students who have a paper due, for example, or to an author or editor facing a deadline. Whether you're easily distracted, tend to procrastinate often, or are a wandering gypsy at heart who struggles to stay on your chosen life path, Earthshine Elixir may help to illuminate the trail until you reach your desired outcome or destination!

## Fairy Frost

*The vibration of Fairy Frost can bring much happiness and laughter into your life!*

Fairy Frost Essence is for use during times when you're stressed out or feeling the need for a spark of creativity, more playfulness and laughter—a deeper connection with the more joyful, whimsical realms!

A vision accompanies this essence of fairies and fauns dancing, spiraling and flowing round and round in a circle; spinning so fast that it creates sparks to mimic the shooting stars in the night-time sky above. The feeling tone of the evening this elixir was born is *celebration*, as the winter forest just opened up! For the *little people* this dance is a ritual—a ritual of play! As if perfectly choreographed, every step, every movement is purposeful, and yet, it is inborn in these beings—it is part of the very fabric of who they are!

Fairy Frost can be a great pick-me-up when you're feeling bored or disgruntled with life. It can be used, for instance, before an interview that you are feeling nervous and anxious about, just to help you lighten up a bit. Or perhaps you've committed to attend a function but, secretly, you really don't want to go—just a hint of Fairy Frost will ensure that you at least have a great time while you're there. It's not long-lasting—perhaps just long enough for a celebration. It won't pull someone out of deep depression and there are no permanent changes or effects, but it can be used frequently in times when things start to pull you down.

## Firedance Elixir

*The vibration of Firedance may help to stimulate excitement, rekindle passion and create personal boundaries.*

Lost your passion? This vibrant elixir is just the spark you need to ignite it again! Its vibration stimulates and enhances fiery root chakra energies.

Born in our root or kundalini chakra garden bed, this elixir was created with the energies of a red Columbine plant. A red Ruby record keeper crystal was added to the healing waters to further enhance the red frequency, deepening its overall vibration. A clear Quartz crystal was buried in the earth beneath the elixir bowl to both amplify and direct the energies of the earth up and through the essence. So, we have fire from the sun, fire from the stone kingdom and fire from the plant realms all in one bottle!

Firedance Elixir is perfect in any area of your life where you've planted a seed that's just not germinating—it may provide the boost it needs to get it budding, blooming, and flourishing! And that applies literally, as well; in the garden it's a great kick-start for seedlings or for plants that aren't thriving. And it can be an excellent pick-me-up for houseplants, or for pets who are feeling a little under the weather. This elixir is also an excellent boundary to safeguard the aura. Mist your body (or roll it on!) after a bath or shower to help boost your vitality and add a layer of protection.

Firedance Elixir is for use in any area of your life where motivation is lacking. It may be a wonderful aid for relationships that have gone stale. Or if you choose to channel your root chakra energy creatively; say, for a stalled project that you just can't get off the ground, this elixir vibration can draw in the much-needed passion to make it fly!

## Full Snow Moon

*Full Snow Moon Essence may assist you in reconnecting with your ancestors and the knowledge they have been holding for you.*

At this point on our Earth journey, we are looking forward with as much hope and optimism as we can muster, as we begin to glimpse that bright new world that many of us have been longing for. At the same time, we are reaching back to our wise ancestors to glean knowledge from them, as they know well the wrong turns that were taken and where mistakes were made. Allowing their wisdom to guide us, we will be bringing the very best of our personal histories forward with us.

This elixir was born under a full Snow Moon with the planet Jupiter in close proximity to Earth. Its very deep, yet subtle, frequency reconnects you to the innermost reservoirs within your unconscious psyche and with the gifts that your ancestors carry for you.

Full Snow Moon Elixir is all about making initial contact in a place that you have not reached before—a place without words, without visions—a place you cannot readily articulate, perhaps not even notice, but yet, its effects will soon be made known to you. You will begin to see manifestations in your everyday life of new wisdom coming forward, newfound awareness making itself known, as well as, an uncanny sense of certainty that you had not experienced before.

For dreamers and those who practice meditation, this elixir will be your guide as you journey deep into unknown realms where you can reconnect with your ancestors and bring back personally valuable insights and knowledge. Again, you may not readily recall the messages and the visions, but the effects will come forth from within and reveal themselves in your outer reality.

## Gemini Moon

*Gemini Moon Essence may assist you to uproot stagnant energies and get things moving again.*

Born under a Gemini moon, this essence vibration carries such traits as adaptability and versatility. This essence froze in the light of the full Cold Moon, revealing many visible ripples across its surface, letting us know that it's full to the brim with lively, invigorating energies! This makes it a great helper for uprooting and mobilizing stagnant energies to get things moving again.

Gemini Moon is for times in when you're feeling swamped or trapped and anxiety is beginning to set in. Perhaps you're stuck in your comfort zone, repeating habitual patterns, or maybe you carry unconscious beliefs surrounding lack or scarcity, prosperity and abundance, that prevent you from moving forward in your life in a



healthy way. Whatever the circumstances, when you feel it's time to say goodbye to those frustrating, *assembly-line-day-after-days*, Gemini Moon may help you to break free and step into the sunlight that's streaming out a brand-new day!

## Gold & Ruby Infusion

*This elixir vibration is a wonderful for deep grounding and focus!*

The mineral, Gold, is a powerful conductor of pure, positive energies. Red Ruby has a strong connection to vitality and is an excellent grounding stone and manifesting aid.

Gold & Ruby is a very grounding elixir with a strong frequency. Its vibration may help to dissipate scattered thoughts and keep you focused and centered by drawing your energies down deeply into the core of your being and infusing your roots right in with the earth. Gold & Ruby may also assist you with any manifesting endeavors by grounding your intentions and conducting the necessary energies along smoothly throughout the process.

Providing an excellent anchor for the unconscious mind, Gold & Ruby is the ideal helper to use during meditation. It is also wonderful for use any time fear, panic or stress pulls you out of your body, to gently bring you back in and settle your energies down. Gold & Ruby is also the perfect night-time companion as you travel through the different dreamtime realms and bring the information back into the conscious mind.

## Heart Blossom

*This essence vibration deals with heartbreak and emotions that didn't have a chance to fully express and heal.*

A bright supermoon blessed this essence with its drawing action. A double-terminated Quartz Enhydro and a Charoite stone were added to the essence. Enhydro crystals speak of the water within; in this case, dormant emotion. As the Enhydro used is double-terminated,

there are two available streams for emotion to move out through in a steady flow. The vibration of Charoite then draws in laughter, mirth, and the sense of well-being.

Heart Blossom deals with disappointment, grief and residual pain, sometimes hidden on deep levels; perhaps passed over or pushed down because you were too busy just surviving in today's chaotic world. Or, perhaps, it's not even yours. It's possible that you took these emotions on during childhood. For example, maybe your parents had relationship issues and you felt responsible, as many children do, and you took on the negative feelings. Over time, these impressions can become embedded and can affect all of your future relationships. Or it could be that you are carrying the imprints of your ancestors' heartbreak. Or it could be that you are carrying the imprints of your ancestors' heartbreak.

However the flow of love was impeded, the emotion is not looking for someone to take ownership, or even responsibility for its presence. Emotion is movement and it is yearning for expression—and only you can let it go and set it free.

The imagery that accompanies this essence is of a gentle heart blossoming. The essence vibration can help to draw the held energies to the surface. As emotions begin to flow, they gently push the heart open like the petals of a flower, allowing the residual grief and pain of heartbreak to move out into expression, as the blossoms drink in the sunlight that nourishes and heals a weary heart.

## Heart Song

*Heart Song may assist you to release judgements of self, others, and faulty belief systems.*

There is so much prejudice and hatred toward others in our world today. On a daily basis we are faced with discrimination against ethnicity and national origin, gender and sexism, religion, political affiliation, weight, age, social stratification... the list seems endless.

The dark heart of humanity is showing itself. People are imagining enemies everywhere and it seems as if many are willing to throw the baby out with the bathwater. We truly are all one diverse race, like cells in one body, if you will, but much of humanity is acting like this huge immune system on high alert—ultimately attacking itself.

We don't see the Earth take out an entire forest because one tree is different, has an imbalance or a molecular dis-order. The ecosystem allows diversity and will do its very best to bring healing to the tree. And just think; your body is part of the ecosystem, part of the Earth's body, so perhaps it's a good idea to follow the planet's guidance.

Heart Song is intended for anyone whose desire is for a better way forward for humanity; a world with equality, balance. It is for those who want to infuse the world with empathy and compassion and a loving heart—for those of us who are willing to look at our judgements, conscious and unconscious, no matter how small, and unburden our hearts.

This essence was set out under a full moon on two consecutive evenings. The first night was a time for preparation. The Earth, moon, planets and elements worked their magic and brought the essence waters into state of balance. Think of it as the essence now sitting in a pure, neutral state. On the second evening, the essence was infused with action. It's back to nature's boot camp—time to reset, re-learn, re-train! And she will teach you!

When using this essence, you can expect a two-part process. Using your intention, give the essence direction as to what healing you intend to do. A simple statement is perfect, such as, "\_\_\_\_\_ is what I intend to change or bring healing to."

Vibrational essences begin working with you on the vibrational or unseen levels; the spiritual, mental, emotional. So, first, your judgements and discriminations and faulty belief systems will come to the surface and you will be inclined to look at them, feel them, and work with them until you begin to see others in a different light. Once you reach the state of neutrality, the vibration of Heart Song offers

you new understandings, new patterns to put into place—patterns that are in alignment with a loving heart and the beautiful soul that you truly are.

## Kundalini Dance

*Kundalini Dance fosters hope and may assist you in balancing your feminine and masculine energies.*

A deeply vibrant essence, Kundalini Dance comes from a place beyond words. This essence was birthed beneath the moon as the Northern Lights danced directly overhead in a sea of brilliant red, enveloped in a rainbow of soft, shimmering, iridescent hues. This was the manifestation in our skies as intense solar flares burst forth from the sun and our planet responded with her equally passionate magnetism. The breathtaking reflection symbolizes the ongoing dance of balance between the masculine and feminine energies within the universe and within ourselves.

The addition of Ruby and Rutilated Quartz crystals into the essence waters intensifies the effects. The vibration of Rutilated Quartz is stimulating and electric, while Ruby personifies the core of the root chakra—primal life-force energy.

Stimulating the vibrating, undulating, movement of the root chakra, this is an essence of *the hope of life*. During times of chaos and depression when hopelessness surrounds and you find yourself sinking into its reality, Kundalini Dance reminds you that life is an ongoing dance. For those who feel they are disconnected from their emotional body or feeling detached from the physical realm, this essence may assist in stimulating life-force energy; magnetically drawing their spirit essence deeply within self and securely to the earth. As well, in times of loneliness and longing Kundalini Dance could be just the love potion you need to attract a dance partner!

## Liquid Gold Elixir

*This elixir vibration can assist with mental clarity and with manifesting future possibilities!*

A shiny nugget of Gold was added to these elixir waters. The mineral, Gold, is a powerful conductor of pure, positive energies. Liquid Gold Elixir was born during a Perseid meteor shower under a bright, perigee moon (otherwise known as a supermoon). The meteor shower affected the gravitational pull on the planet as it brought new stardust to Earth—stardust overflowing with potential—fresh, raw material for us to manifest with!

Liquid Gold Elixir makes a direct connection to the infinite possibilities and probabilities of the cosmos, enabling us to personally tap into an endless cache of awaiting opportunities.

For those looking to the future to access and manifest something new and original, something not yet formed on the Earth, try adding this vibration to your mix! Perhaps you have a desire to reshape your relationships, manifest a dream job, or you may have a new business venture in mind.

You might wish to turn your entire life around and redesign your personal future. Writers, visionaries and entrepreneurs, inventors and innovators, artists, scientists and designers can all benefit from the vibration of this elixir.

Liquid Gold Elixir is an excellent aid in the mental and emotional realms, helping to clear up brain fog or to turn around destructive thoughts and feelings that are detrimental to well-being. It may also be beneficial to the dreamer or astral traveler when exploring the other realms for probabilities and opportunities, or during meditation and prayer.

## Long Night's Moon

*Long Night's Moon can help you reveal your hidden gifts and latent abilities.*

Many people travel through life on a rather superficial path and have never explored past their mundane, everyday existence, unaware of who they truly are or that they have latent gifts awaiting them—but the truth is, everyone has personal gifts. Eventually, for some, there comes a time when they begin to question, “*What is it that I'm missing? Why have I been stuck in this lifestyle that's not serving me? Why have I wasted my time working at a job that I don't even enjoy? There has to be more to life than just this day-to-day monotonous grind.*”

Using Long Night's Moon Essence before sleep or meditation can take your awareness deep into the unconscious realms where your unknown and forgotten gifts lie dormant. Pay special attention to your dream messages and what they may reveal to you. The frequency of Long Night's Moon seeks out your sleeping potentials and sparks them to life—not unlike the sperm that fuses with the egg.

This activation takes place on very deep levels of self, so yes, a gestation period will follow. It will take time for them to awaken and come up and take form, but they will make themselves known to you in your waking life and you will discover that there definitely is more to life!

## Mandala

*Mandala Essence is a great assistant if you're looking to find balance in your life.*

This essence was prepared and set out in a patch of Self-heal flowers, growing in a little forest area on our property, during a partial lunar eclipse. The Self-heal plant has been used for centuries as a healing herb for many complaints, both internally and externally. A red Ruby was added to the essence waters to carry the healing vibration to

deeper levels. When I later retrieved the essence, I discovered that nature had added a Dandelion leaf. Dandelion has also been traditionally used for a myriad of issues on many levels.

When I'm preparing to set this essence, I welcome in helpers from the other realms—the stones, the plants, the elementals, etc. (and I always express my gratitude for their assistance!). This particular time, as I set the essence bowl down on the earth and I closed my eyes to help focus, I immediately saw the image of a Self-heal blossom in my inner vision. It appeared as a photo negative, but in brilliant, glowing colours.

Eyes closed, I watched the flower image gently flow apart into pieces and then come back together in a beautiful mandala pattern. This moving image replayed over and over again, and each time, I was shown a different mandala design. It was like a kaleidoscope of luminous patterns and living colours, and it wasn't me turning the dial!

My vision was showing me; *what goes out of alignment within the design can be brought back into alignment within the design—what has become imbalanced can be brought back into balance.* Life and its patterns are a fluid and ever-changing movement; a constant state of re-ordering and readjusting.

This essence vibration reminds me of an ancient practice undertaken by Tibetan monks where they create intricate and elaborate sand mandalas, each with intention of bringing healing to our planet and all of her inhabitants. A form of meditation and prayer, this ritual can take weeks or even months for a team to complete a mandala. Once finished, every particle of sand, each containing the pattern of the whole, is gathered up together again, and traditionally, a portion of the sand is taken to a water source, such as a river, where it is dispersed into the flowing water as an offering.

In healing, Mandala Essence may be used for personal issues, to bring relief and healing to many areas of your life that have become imbalanced. It may be offered to houseplants, trees, a garden environment, an ecosystem, or the entire planet. You can offer its

healing effects to your community or village, or to different parts of our world that are experiencing unrest and upheaval; all with the intention to bring harmony and peace. You can even offer it to loved ones on the other side.

I cannot say how many mandalas I witnessed during the vision, as the pieces disbursed and realigned so quickly, but what is certain is that Mandala Essence holds the vibration of many healing patterns. Just what patterns are included and shared with us remains to be seen. One would need to experiment and experience its healing effects.

## New Moon Solstice

*New Moon Solstice may shed light on issues buried in your unconscious mind.*

This essence emerged amid unusual conditions. During a summer solstice and a new moon eclipse in Cancer, the planet Mars was nearer to Earth than it had been in a very long time. The astrological influences were complex, indicating support for sudden change, expansion and growth on very deep levels of self.

New Moon Solstice works through the yellow, solar plexus chakra, bringing issues into expression that had previously been suppressed, including those we have, perhaps unknowingly, yet purposefully, hidden from ourselves. Just as there are times when others hide things from us, there are times we hide things from ourselves, but eventually everything needs to be recovered and brought into conscious awareness if we are to heal and grow into the wholeness of our true selves.

This essence vibration may be helpful to assist us in contacting and reclaiming all parts of self that we have become disconnected from on the mental or emotional levels, as well as lost or hidden *body memories*. New Moon Solstice Essence is an impetus that draws these



energies up and out into expression, while at the same time supporting us through each step of the healing process.

Concerning present, everyday life, the essence may help to bring up hidden issues, such as an imbalance that has not yet fully surfaced but of which we have symptoms or setbacks arising. If you choose to address such issues in these early stages, the essence vibration can assist to bring them into the light of consciousness to be examined and fully understood. Because this essence will simply set about uncovering all that has been hidden, it is important to be as clear as possible about the nature of what you are searching for or intending to heal when giving the essence direction.

It is not only traumatic memories and concealed issues that lie hidden within us. Many of us have talents, skills and strengths of which we are unaware because we disconnected from them when we were very young or even in alternate/previous lifetimes. New Moon Solstice can help us reconnect with and reclaim these lost and forgotten gifts!

## Obsidian Compass

*This elixir generates excitement, enthusiasm and passion!*

Obsidian Compass Elixir is a very playful vibration, brimming with excitement and enthusiasm! Born under a full Cold Moon, this elixir is like the toast before embarking on an incredible journey! Whether you're visiting Stonehenge or the Mayan ruins, backpacking through a foreign country, beginning a new relationship, just purchased a new home, or anytime you're about to begin a new chapter of your life, this elixir just might assist to ensure your journey is exciting and full of delight!

Infused with the vibration of an Obsidian Needle, it works like a *compass*. When you have a strong sense of knowing you are exactly where you need to be at this moment in time and trust in that, the

vibration of Obsidian Compass Elixir mingles with your own essence and encourages you to stay focused on your path, follow your passion, and thoroughly enjoy the ride!

## Pink Lemurian Elixir

*Pink Lemurian Elixir may help to ease stress, lessening the effects of depression while generating a sense of hope.*

The vibration of Pink Lemurian Elixir may provide much-needed relief to those experiencing bouts of hopelessness, depression, seasonal affective disorder, post-traumatic stress or similar issues.

This elixir stimulates an abundance of joy, excitement and hopefulness—all from within yourself. It's about getting back in touch with your personal hopes and dreams and rediscovering the many possibilities and potentials of your unfulfilled desires. They are still within you somewhere and this elixir can assist to reactivate and revitalize those dreams, allowing them to burst forward and make positive changes in your life today!

## Quicksilver Moon – The Elixir of Silver

*The frequency of Quicksilver Moon is brimming with optimism, strength, courage and balance.*

Born in our heart chakra garden bed on Samhain, the ancient Celtic feast that symbolizes transformation, death and rebirth, this powerfully deep elixir has a wide range of healing actions and combines well with many other essences.

Quicksilver Moon Elixir may be able to assist us through difficult transitions by gathering and drawing the strength and courage we require when making constructive changes in our lives. It is especially supportive when we desire changes but procrastinate because we

simply do not feel strong enough to implement them. The elixir begins vibrating from the center of our being and flows out in all directions, quickening, deepening and balancing the energies.

Quicksilver Moon may assist in various situations where we have become dependent, either on another individual, a substance, situation, or worn-out belief system. This spell-breaking elixir helps us awaken, as if from the false glamour of a drugged sleep, to our own misplaced strength and truth, enabling us to make the leap back to light and love again.

On the mental level, Quicksilver Moon helps us to rekindle optimism and strength to make important decisions and follow them through. This can be of immense help in overcoming destructive habits and addictions. A very timely elixir, Quicksilver Moon enables the emotions to jump beyond old imprinted patterns of the past and respond to the now.

## Quiet Elixir

*The vibration of this elixir may help quiet your thoughts, still the mind.*

A huge halo encircled the moon as this elixir was born on a silent midwinter evening. A large polished Dow Quartz crystal was added to this elixir and it was set out overnight just two nights before a Full Blood Supermoon.

A Dow Crystal differs from other Quartz Crystals because it has the ability to branch out into many unseen realms simultaneously as it is sending and receiving light or information. Sending its roots into the different realities, it anchors itself into each one. A Dow Crystal can take you deep, deep into the dream realms or help to hold you in a state of contemplation or deep meditation.

This elixir is also very effective when you have those nights when you're trying to sleep, but your thoughts are all over the place or the

same thoughts spin and spin in an endless loop. Its vibration helps to calm your energies as it pulls you into the center of self, quieting the mind, calming the fears, muting irrational thinking so you can focus. It's also the perfect choice to use before an exam, before going on stage, or when experiencing an anxiety attack, and it's a wonderful elixir to use with children at bedtime.

## Revive

*Revive Essence may help you to deal with stress, hopelessness and disappointment.*

We've all experienced those times when life feels flat, boring and hopeless and we don't see any solutions to our problems. It seems like things are never going to change and looks as though life isn't going to get any better. At the extreme, we perhaps begin to lose interest in life itself.

The truth is, possibilities and unlimited potential surround us in every moment—we are literally imbued with them—but when we're in a funk, we just can't see them. Revive Essence is overflowing with potential! Mingling with and amplifying your own personal energies, the vibration of Revive stirs and awakens a sense of enthusiasm and expectancy, bringing that feeling of knowing something amazing is about to happen but you can't quite articulate it yet! When you're in this state of anticipation wonderful things can begin to happen!

Revive is welcome relief to those experiencing stressful situations, bouts of depression, SAD, prolonged illness, or just plain boredom, to elevate your mood and get you back to the business of life!

## Rose Gold Elixir

*Rose Gold Elixir may help to draw you out of hopelessness and despair.*

Rose Gold Elixir is for times in life when your hope levels are at a minimum. Its vibration can carry you out of the worry-filled, stressful times and draw your attention into the world of what-if and the golden promises that await you. A lovely little nugget of Gold and a beautiful Star Rose Quartz sphere were added to these essence waters and set out under a full moon lunar eclipse.

The native mineral, Gold, draws only positive energies into the elixir. The beautiful Rose Quartz crystal brings in an abundance of loving, heart energy. A Rose Quartz sphere containing a star in its aura lets you know that it's inviting in an unseen realm; and in this case, it called in the realm of hope.

As the essence vibration mingles with your own, it's encouraging you to shift your focus away from today's problems and concerns and instead to focus on the hope of future probabilities—because tomorrow is a brand-new day!

## Seven Sisters

*Seven Sisters allows a direct connection to the Pleiades star system and the lost land of Lemuria.*

Well, this essence was a total surprise to me! When I was preparing to co-create this essence with nature, I left part of the intention up to the universe; asking to only to bring through what was most needed on Earth at this time and that it be for healing. When I went outside to check the essence after a few hours, I was surprised to see a multi-pointed star etched on its surface. How curious! As it turns out, what was in the air under the powerful full moon on this particular evening

was an abundance of valuable information coming in from the Pleiades star system.

A rather unique essence, Seven Sisters is a must for those interested in tapping into the constant stream of messages presently transmitting to our planet from the Pleiades, located in the constellation of Taurus.

The essence contains the vibration of a Channeling Quartz crystal, which assures a clear and direct connection to the Seven Sisters. The highly intelligent beings from the Pleiades are eager to be of assistance and are very interested in sharing their knowledge with those of us who are capable of receiving it.

Teachings from the Pleiades are of similar flavour to the concepts brought through from the lost land of Lemuria. The people of Lemuria were a sensitive and empathetic civilization who were quite adept when it came to the more subtle senses, such as keen intuition and exceptional telepathic abilities. These abilities can be honed within yourself while using this essence.

The Quartz Channeling crystal used in the essence contains time links; including a time link to the past, as well as an inner time link. The crystal also contains records on its facets. Seven Sisters vibration can also be used with the intention to connect directly to a personal, alternate life (past life) during the time of Lemuria or simply to explore the way of life and history held there.

There is so much knowledge to be gleaned through these connections—so, tap in and be prepared to expand your awareness!

## Soul Slumber

*Soul Slumber may expand your dreamspace and takes you soul dreaming!*

There was a full Supermoon in our skies during a full lunar eclipse on the evening this essence was born. A dreamer's potion, Soul Slumber is sure to help open up and expand your dream realms!

For many people, their dreams are simply about sorting out their everyday happenings, their current thoughts and feelings, and putting it all into some sort of order. For the avid dreamer, having dreams such as this night after night can become monotonous after a while. The vibration of Soul Slumber just may carry you deeper into the dream realms, deeper within your unconscious mind, deeper within self—amplifying and altering your dreamspace to allow for much more depth and breadth. In essence, it takes you more into your *soul life*.

Pulling your consciousness ever deeper, you will find yourself on cosmic adventures and quests; many resulting in rich, vivid, almost tactile, lucid dreams. The essence vibration assists in bringing in from the cosmos whatever your psyche is needing in this moment of your life. After profound dreams of this nature, you are more apt to recall your dreams with clarity and be left with a feeling that you know with certainty what you need to do, where you need to go, and what needs to be brought into your waking life.

## Star Ruby Elixir

*The frequency of Star Ruby Elixir offers relaxation and relief from stress and anxiety.*

This elixir was made with a beautiful Star Ruby cabochon. Whenever you work with a gem that has an asteriated star visible in its aura, you

can know that you're opening up to another reality—a gossamer reality that's not quite physical, and understandably, dreamy.

Star Ruby Elixir was born under a waxing moon on a quiet winter's night. As if forming a dome around you, its effects are gentle, calming and tranquil. It is a wonderful elixir to use when creating space for a deep, relaxing experience, such as meditation, massage, or personal ceremony. Star Ruby is also an effective room spray to calm the atmosphere. Practitioners will certainly welcome its effects in treatment rooms.

Its vibration is perfect to soothe children at bedtime, after a nightmare, or during times when they're feeling irritable, over-excited, or have experienced any type of mental or emotional upset. Star Ruby may also be calming to pets who are recovering from illness, surgery, or otherwise experiencing distress.

Spritz your aura or roll it on your pulse points any time you're experiencing stress and anxiety to soften and settle your energies. When you really need some peaceful alone-time, add Star Ruby Elixir to your bath water, set some candles alight and allow its soothing rays to soak in.

## Storm Rider

*Storm Rider Essence may provide stability during chaotic times.*

Birthing during a frenzied summer storm, this essence can be helpful during turbulent times in your life. A Quartz Enhydro crystal was added to the essence waters. Enhydros speak of the *water within*—and the water within us is our emotions.

Whether you're experiencing personal emotional upset or witnessing societal unrest, Storm Rider can help stay you on top of it all and ride it out. During such times things can happen so quickly that you don't have time to think—no time to make plans, yet you instinctively know



you don't want to be pulled down and sink into the murky depths in a moment like this.

Storm Rider may provide the added stability needed to simply stay in the moment and get through the upheaval in the best possible way.

## Virgo Flow Elixir

*Virgo Flow Elixir is for times in your life when you're feeling restricted and need to open up and make changes.*

This elixir was born under a waxing crescent moon in Virgo during a meteor shower. Its vibration works well on the emotional, mental and spiritual levels, but its goal is to enhance the *physical* experience.

Working with flow, nourishment and expansion, Virgo Flow Elixir is for times in your life when it feels as if all doors are closed to you or there seems to be something blocking your path at every turn. Directing this vibration through your intention to wherever you sense your energetic flow is obstructed, its frequency may assist to open, expand and utilize energies in a healthier way.

Virgo Flow Elixir really shines in the mental areas where it may help to dissolve mental blocks, enabling you to draw in new, original ideas, and put them to practical use in your daily life.

In the emotional body, its vibration may aid in removing a backlog of suppressed or stuck feelings and open up to an unimpeded flow of love and peace. Spiritually, it may assist to strengthen faith, expand awareness of the unknown and nourish the soul.

As an atmospheric cleanser, every spritz is like a burst of fresh air!

## Winter Moon

*Winter Moon Essence allows you a direct connection with Earth and the Spiritual realms. Its vibration may also assist you to transform unhealthy patterns or imprints.*

When I co-create a wintertime essence, I leave it outside overnight in the elements to freeze. Most often, the essence will show me its form as a natural ice sculpture (I refer to these as Ice Essences). In the above photos, Winter Moon shows itself as a bridge.

The vibration of Winter Moon Essence is a bridge that may allow us to bypass the corruption running rampant amid the current human reality, and when used with intention, allows us a personal, direct one-on-one connection to the energies of Earth and those of the universe. The essence may assist us to regain proper alignment with Earth and the cosmos and the true destiny that humanity was meant to follow.

On a personal level Winter Moon Essence offers assistance to those wishing to create a more intimate bond with Earth, a deeper connection to spirit, or for those who desire to bring their own system back into a healthy, balanced ecosystem.

Although the tendency for us is to follow patterns that are already in place (such as those we were imprinted with during childhood and those we adopted in other various points throughout our lives), while using this essence we may find that we can no longer tolerate old, dysfunctional patterns and unstable energies because they are not in alignment with who we are now. We may create a boundary around ourselves and push these energies away, and may also notice that these energies push us out, as well, simply because we no longer fit into their reality.

The Earth has its own unique patterns and realities, as does the entire universe, and yet, their interaction is harmonious. Sadly, the human

reality is like a swath in the middle that, let's face it, is not aligned with neither the planet or the universe. Humanity is meant to be in harmony with both, but instead, humanity is out of alignment with its ecosystems. A direct reflection of this imbalance is the presence of more and more disruption and disease. We, both personally and as a society, need to make a genuine effort to realign with life.

## Winter's End

*Winter's End offers assistance in reclaiming forgotten, unresolved experiences on personal and societal levels.*

There are many oppressed and suppressed experiences buried in our societies and in our world that are coming to light in search of validation and healing. There are also many issues buried within our own individual unconscious selves that seek acceptance.

These unsettled issues do not magically disappear simply because we aren't consciously aware of them. More often, what happens is we continue on living our lives, obliviously creating our tomorrows from these unresolved experiences and outdated belief systems, and this can cause much harm and suffering on the road ahead.

Born under a strong supermoon at winter's end, this essence has amazing *drawing* powers and its vibration may assist to unearth unresolved experiences and draw them up into consciousness where they can be seen in the bright light of day, truly understood, and loved into wholeness. The essence may be used on a personal level or on behalf of the planet, or humanity and society as a whole.

You may also direct the essence through your intention to particular places on our planet to help unmask situations of unrest and upheaval, but please do so from a place of love and compassion, so as not to add to any adverse energies already existing there.

# Contact Info & Pricing

Essences available in spray and roll-on

25 ml spray	\$22
50 ml spray	\$30
10 ml oil roll-on	\$17
4.5ml solid roll-on	\$15

\*Spray essences are available only in Canada. Liquid and solid roll-on essences are available in Canada and United States.

## **Spray Essences:**

When ordering 1 to 4 spray essences, we offer a shipping fee of \$17 within Canada.

## **Liquid Roll-on Essences:**

When ordering 1 to 4 liquid roll-on essences, we offer a shipping fee of \$17 within Canada and the United States.

## **Solid Roll-on Essences:**

When ordering 1 to 6 solid roll-on essences, we offer a shipping fee of \$5 within Canada and the United States. Solid Essences will be packaged in a padded envelope.

**When ordering more than 4 spray or liquid roll-on essences, please contact us for shipping costs.**

If you are in Canada and prefer to make payment through e-transfer, please send us your order through email, as our online ordering system does not allow for e-transfer payment. After submitting your order, please wait for confirmation from us and we will reply with the necessary information.

## **Contact us:**

Please place orders through email or visit our site at:

[www.influentialvibrations.com](http://www.influentialvibrations.com)

**Email:** [influentialvibrations@xplornet.ca](mailto:influentialvibrations@xplornet.ca)

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# Notes