

**Chalice Well**

This essence was made in the Chalice Well Gardens of Glastonbury, England, with water from the Chalice Well. It connects us to the profoundly personal and eternal support that is constantly available from the angelic, elemental, plant and mineral kingdoms. It reminds us that we are not alone - we are a part of the entire web of life and All That Is, and we can draw upon this matrix of support whenever we are struggling and need help to take the next step on our life path.

**Full Moon Reflection**

This essence was made on a cold, clear, full moon night, in a canyon overlooking Kachemak Bay. An essence of reflected light - the sun's light reflected by the full moon off the water of Kachemak Bay and into the snow filled canyon. This essence penetrates deep into the subconscious to bring forth that which lies unresolved beneath the surface. It offers us an opportunity to let our shadow-self be illuminated by the light of our conscious awareness.

**Glacier River**

An essence of solarised water prepared below the terminus of the Gulkana glacier in the central Alaskan range. This water emerges from the base of the glacier carrying suspended particles of ground-up rock, of mountains eroded by the constant pressure and movement of glacial ice. This essence embodies the process of perpetual release from form. It helps us release patterns of feeling, thinking and doing that have become rigid and unyielding.

**Greenland Icecap**

An essence of solarised glacier water prepared on the Greenland ice sheet over an area where two of the earth's continental plates come together. The Greenland Icecap essence contains the intense energy of convergence, the energy of the natural movement of the earth's crust translated upwards through thousands of feet of ice. This essence helps us remain flexible and feel supported as we move through deep inner change.

**Liard Hot Springs**

This essence was prepared from mineral hot springs water on a clear -35 °F day at Liard Hot Springs in northern B. C., Canada. An essence of cleansing, re-creation and renewal, that brings us back in touch with the innocent truth of who we really are-spiritual beings who have come to this earth to learn.

**Northern Lights**

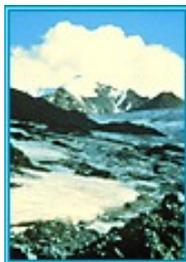
This essence was made on a windy subzero arctic night under a swirling green display of Northern Lights. An essence of reaching beyond ourselves into the fundamental creation forces of the universe. For cleansing and re-patterning our energies, at a very deep level. Helps us release energies from the heart which have been allowed to obscure our original life patterns.

**Polar Ice**

This essence was prepared on the Arctic Ocean ice pack near the North Pole. An essence of transition and the completion of cycles; for achieving a more patient understanding of the subtleties of time; helps us stay present in a place of pure waiting, with no anticipation of what it to come.

**Portage Glacier**

This essence was prepared on the banks of Portage Lake near the terminus of Portage Glacier in south central Alaska. A powerful and catalytic energy that helps us release what is unnecessary and inappropriate in our lives from the mental, emotional, etheric, and physical bodies. Use it to revitalize and balance the entire energy system.

**Rainbow Glacier**

This essence was made at the terminus of Rainbow Glacier on Rainbow Mountain in the Alaska Range. A grounding and balancing energy for those manifesting resistance to becoming fully connected with the earth plane. Helps physically anchor those who are strongly focused in the celestial or cosmic realms.

**Solstice Storm**

An essence of solarised water made during a thunderstorm on summer solstice day, at Lake Minchumina in the central interior of Alaska. A powerfully charged essence for cleansing and release; helpful in stabilizing the human electrical system; discharges static energy being held in the body and in the environment.

**Solstice Sun**

This essence was prepared on the 'night' of June 21/22, as the midnight sun danced along the peaks of the Brooks Range in the northern interior of Alaska. Solstice Sun catalyses our ability to access and circulate a stronger current of light energy throughout the physical body. It opens the heart and the energy pathways of the body in preparation for a "peak" experience, and helps a person integrate such an experience after it has taken place.

**Tidal Forces**

This essence was prepared with creek and sea water on Kachemak Bay during a full 24 hour, 22 foot tidal cycle. An essence of rhythm and balance, of loss and gain, of adapting ourselves to the swiftly changing currents of life. Helps us release the old and receive the new with constant and unyielding fluidity. Soothes and balances overly emotionalized, fiery states of being; washes away mental resistance to change; helps us accept what is in the present moment.

All Essences available from

[www.healthlines.co.uk](http://www.healthlines.co.uk)

+44 1539 824776