

### **in the lift (apophyllite and peach stillbite)**

This essence was designed to help very sensitive little beings who have decided to be born here but get a bit scared at the last minute. In the lift forms a tube of light, like a virtual lift, to welcome them down and connect them with similar children who are already here.

This essence can help very sensitive children to go 'off' to sleep and is included in our Sleep Easy combination.

For adults, can be useful for people who feel they never really 'arrived' here.

### **bubble (apophyllite and peach stillbite)**

I was asked to make this essence by a baby who was still in his mummy's tummy. He was going for a scan and wanted something to help him feel safe while that was going on.

For adults, this essence helps very sensitive people to be in places where there are lots of chemical smells and electricity without being too badly affected. As we embody more and more of our spirit our energy field gets much bigger. This can feel really uncomfortable in confined spaces and crowded rooms, as we feel our aura bumping into other people. Bubble will help us to feel safe with this expanded energy body until we get used to it.

### **software (apophyllite and peach stillbite)**

This essence is to help babies to keep the level of sensitivity they were born with without being overcome by the pain and suffering of the human world.

For very sensitive adults I see this essence as a tool to help us interface with a world that is very different to our own, software will help us to keep our centre in the middle of other people's chaos.

### **Safe (Barite or Heavy Spar)**

This essence, For adults, is for times when we wish we'd never started on this journey of self-discovery, times when we feel very scared and unsure because there is no recognisable territory ahead. Safe wants us to know that we are always loved and protected and it is safe to continue on to new territory.

For children, the drill bit also reminds us of the child's journey, like a drill in reverse, a seed pushing up from the earth and growing into uncertain conditions. Safe will help the child to feel shielded and protected

### **Smoothie (elestial selenite and mother of pearl shell)**

Again, this essence was 'asked' for by an unborn baby. The feeling here is of a very soft, pliable, almost unboundaried being surrounded and held by mother of pearl. Smoothie will help to shield the new child as they learn to deal with the heavy energies of earth.

Smoothie can help adults who feel wide open to other people's energy and are a bit freaked out by suddenly knowing what everyone is thinking or feeling. It will help us learn to 'tune' our sensitivity so that we can switch it on and off.

### **DRAGONS' BLOOD**

This essence has a scary name which comes from the stone which helped to make it, Cinnabar (colloquial name Dragons Blood). Many of us feel truly exhausted from years of therapy and processing. We feel we haven't any energy left to go about creating this great new world. This essence will help to put the fire back in our belly and get us moving. It acts particularly on the base chakra, helping us to ground and bring new projects into being.

### **I'm in HEAVEN (aquamarine, mica and ruby)**

This essence wants to teach us about how our choices in every moment affect our reality. We can create heaven on earth right here, right now, if we choose to. We have the tools. We've all known that this is possible for a long time but most of us are not making the changes. We still tend to choose our old reality, we still chose discomfort and struggle because they are known to us. It is time to do things differently. Get out of the old patterns and live in heaven.

Working with this essence will put a spotlight on every choice, whether it be a thought, feeling or action and gently but persistently encourage you to change.

### **easy (clear quartz)**

This essence came about after I asked some children to think about what heaven would be like. The answer we got through this essence is 'easy', Easy like Sunday Morning as the song says. No rush, no hurry, no fuss, no stress, no fear, no schedule. Easy.

As we move into our new potentials and let go of our old stories, it's sometimes hard to know which way to go, which potential to choose, which option to pick. This essence is saying to us 'choose easy, If the option is easy, then it's the one to pick. No more pushing, no more struggle, no more hardship. Choose easy, easy is what heaven would be like."

### **is-ness (white opal)**

The piece of opal which made this essence is luminous green, blue and pink. Looking into the stone I feel part of the universe, the one-ness that we all came from, the is-ness of simply being. This essence helps to remind us what it felt like to be part of the universe, before separation, before we took on the patterning of human existence. We have worn this mantle of suffering incarnation after incarnation. These patterns are deeply ingrained and sometimes difficult to shift. It is time to let go.

Sit with is-ness when you need help shifting the old patterns, when you want to remember who you really are, before human form, before patterning, before pain.

### **live & Let Live (Calcite or Iceland Spar)**

This essence is particularly useful for people who find themselves stuck in an old conflict. Often sensitive people have poor boundaries and find it hard to extract their energy from the energy of another. The unique energies of Iceland, where this essence was made in November 2007, along with the energies of Calcite, help one form clear and constructive boundaries with people you used to be in conflict with.

The land of Iceland itself sits on top of a constructive boundary between two tectonic plates, the Eurasian and North American plates. This means that, rather than erupting, the gap between the two plates is constantly being filled with new material formed from magma.

Another energy contained in this essence is the energy of peace & the desire to make peace, which comes from the beautiful peace light lit by Yoko Ono I in Reykjavik in October 2007, just before this essence was made.

And finally, the energies of Calcite itself, a bringer of clarity and confidence in our ability to live our dream.

Bringing these energies of construction, clarity & peace together, Live and Let Live says to us that it's time to let go of the past, let go of the drama and the explosions, time to move on from conflict, time to be constructive, time to live and let live.

## how to use essences

Line up the essences you've decided you need right now. Get a nice big glass of water to put your essence drops into.

You'll probably need different numbers of drops of each essence - so .....pick up the first bottle and put the first number that comes into your head into the glass of water ( e.g. you pick up a bottle, and 2 comes into your head - use 2 drops of that particular essence.) If you get outrageous numbers like hundreds and thousands - just have a word with yourself and say that you'd like the numbers to be up to 10.

Sip the mixture as often as you feel you need it - this can vary from once to many times in one day. You will know when to stop. You'll just notice one day that that thing isn't bothering you anymore and that you've stopped wanting to take the essences.

## other ways to use the essences

put drops in a spray bottle and spray around yourself and your room.

put drops into a little cream or oil & rub into any sore bits of your body

put drops in the bath

sleep with the bottle under your pillow

or simply hold the bottle, breathe deeply and relax

## whats' in them

The energy of rocks + some water + a bit of brandy (to keep the lovely energy of the rocks in the bottle and to stop lurgies growing) + lots of love !

**indigo is about changing the world by changing the way we relate to children**

AVAILABLE FROM

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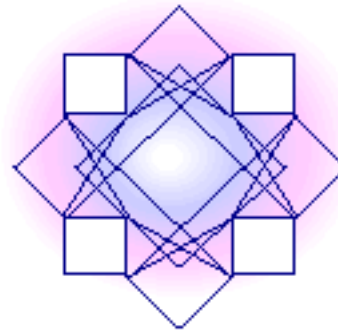
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crystal series

indigo essences

## about the crystal series

Indigo Essences **crystal series** are a continuation of the Indigo Essence range that have been created to support children of all ages as we transform from living in fear and pain to living in love and trust.

For adults, the theme of the Crystal Series is about living in our new world, our own version of heaven on earth. After we've healed the hurt and let go of the deeeeely embedded patterns of struggle and suffering that we've been carrying for aeons, we are finally free to create a paradise for ourselves, to become Christ-like again. These essences help us deal with our increased sensitivity and also encourage us to make choices for our future, based not on fear but on love.

For children these essences are here to support the very sensitive new children until the world catches up with them. Many of these children have unusual skills and abilities that will in time become the norm. Meanwhile, they can use a bit of support to help them stay grounded and able to interact with the world.

## when to use essences

This applies to adults as well as kids. Suppose someone says something nasty to you. It's normal to be upset for a while - but sometimes the upset lasts for longer and you can't get it out of your mind. Or suppose there is a test or exam coming up and you can't stop worrying about it. Or suppose you feel particularly sad or angry and you can't let go of that feeling. Usually when we feel stuck in an emotion it's because we're scared of something. This is a very good time to take an essence or two. The essences will help to balance & stabilise your energy while you let go of the fear. Next thing you know - it's gone. You might also find that sometimes you feel odd in your body for no obvious reason - if the oddness feels uncomfortable then an essence will probably help you.

## how to choose essences

Use your intuition (inner-teacher) as much as possible. Sit still. Breathe deeply. Be quiet. Look at the bottles. Pick out the ones you really like. Read about the bottle after you have picked it so that you choose with your heart , not your mind.