

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.

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 - sopick 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.
P.S. you can also buy these essences already made up into sprays with some yummy smells in them!

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

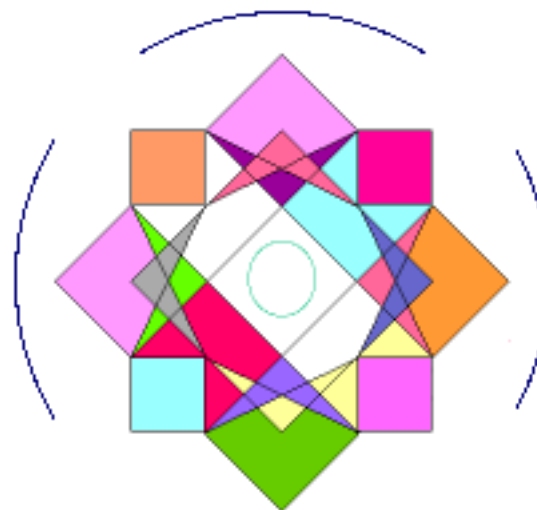
The energy of rocks + some water + a bit of brandy (to keep the lovely energy of the rocks in the bottle and to stop lurgies growing) + lots of love!

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

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indigo
essences

combinations for kids

combinations for kids are essences made from minerals by Ann Callaghan and her nephews Ben and Mica. We've made them particularly to help children, and the child in all of us, stay balanced and fairly sane while we let go of the fears which keep us from being the loving, carefree sparks of light we really are.

Rescue kit for kids

The combination essence names were chosen mostly by Ben and Mica (aged 11 and 10 at the time). They form a rescue kit that will help with the stuff that often happens to kids - like being bullied, feeling lonely, being scared, getting stressed out in school etc. The names are self-explanatory and children of almost any age can choose the essences they need by themselves.

.....and adults too??

Lots of adults have asked us if they can use the essences too. Of course they can. We are all children inside. We've even given Invisible Friend to a baby hedgehog who lost his mum, was very sad and wouldn't eat. Soon after he got the essence he started eating again and got big and strong.

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.

champion.....



when you feel bothered by bullies, just rub some champion on your tummy and the bullies will bolt.

Champion helps the child who is afraid of others and often gets picked on. Champion wants us to know that our real strength comes from inside ourselves and that we can contact that strength by breathing in and pretending that we are already strong. We have no real enemies, love is much more powerful than anything in the universe

chill



when you're boiling up inside chill out with this essence and your anger will subside.

Chill helps the child who feels very, very angry and can't seem to find a way out of it. Chill wants us to know that locking our anger up inside us won't make it go away. Chill will help us realise what we are really angry about and make it easier for us to talk about it.

confidence



when you're feeling nervous or panicky or when you have a mental block in tests - just rub some confidence on your tummy and you won't feel such a mess.

Confidence helps the child who doesn't believe in him or her self. Confidence wants us to know that we are special and extraordinary beings just the way we are and we don't have to prove that to anyone !

happy....



don't go mad 'cause you're feeling sad, with help from happy you won't feel half as bad.

Happy is for children who feel sad a lot and don't know why and also for children who try and lock their sadness in and hide it, perhaps because they are afraid that if they start crying they'll never stop. Happy wants us to know it's OK to cry. The tears will come to an end and then the sun can shine in your heart again.

invisible friend



for when you're feeling lonely or scared and you wish someone was there to give you a big hug and tell you that everything will be all right.

Invisible friend is for the child who feels lonely and scared. Invisible friend wants you to know that you are never alone. You are surrounded by beings you don't always see who love you very much and will always be there to talk to. They know who you are and will do everything they can to help you.

love.....



when you are so hurt and angry that you can't feel anything, just cold and stony inside, we send this essence of love to repair the damage.

This essence was made by Ben, Mica and Jen (7 years). They made a present of some of the love they feel in their lives to all the children in the world who need it.

Love wants to say "Don't give up on love. No matter how hard things have been in your life - don't give up. Love is all around you. Love will find you - but you have to let it in."

p.s. italicised words are mostly by Ben & Mica

no fear.....



for when strange noises are bugging you and frightening you in the night or when you feel wobbly in your tummy with no end in sight.

No fear is for the sensitive and timid child who feels fearful a lot of the time. No fear wants us to know that everyone feels scared sometimes. You are never alone. You will always be loved and looked after by your guardian angels.

plurk.....



when you're feeling bored or snowed with homework Plurk will help you lighten up and learn to play and work. (very good for adults as well)

Plurk is for the child who gets stressed about things they have to do and puts way too much pressure on themselves to succeed. Plurk wants you to know that life is fun. Don't take things toooooo seriously and don't believe anyone who tries to tell you otherwise.

settle....



when you feel rattley & shaky and can't settle down, this essence will help you and won't make you feel down.

Settle is for the child who feels terribly uncomfortable in their physical body and can't focus their attention on anything for very long. Settle wants you to relax, breathe in and know that it is safe to just 'be'.

shine.....



don't be afraid to show us who you are, shine brightly, you really are a star

Shine is for the child who has learnt to act cold, cynical and unfeeling so that they'll be accepted by their peer group. Shine wants you to know that it is safe to be who you really are. Shine also wants you to know that by being yourself you will really help other kids to be themselves too.

sleep easy

for when you're scared to close your eyes in case you see a NASTY surprise.

Sleep Easy helps the child who feels very spooked at night. Often these children are very sensitive to energies and find it hard to relax enough to go to sleep.

the works.....



when you don't know what's wrong the works will help you to feel strong.

This essence will help you to remember the point of it all, it will help you carry on with your life.

The works is for the child who feels lost, who keeps saying 'what am I doing here, I want to go home'. The works wants you to know that you are much loved and all the help you need is waiting for you - you just have to ask.

The works can be used in an emergency, like a rescue remedy, it will help to balance and stabilise the energy body and will show you which essences are needed next. The works can be particularly useful for the older teenager who feels like flipping out and even doing damage to him/her self or others.