

### healing the heart within

azurite

(deep azure blue, with some yellow and green, looks like the world)  
Dissolves blocks caused by fear which have made your heart snap closed and helps you find the courage to heal. Opens the back of the heart to let love in again, giving you a great feeling of comfort and peace. Releases the tears behind the fears that stop you from moving on. Eases rigidity in the emotional body and allows energy to flow again.

### holding the dream within

calcite

(clear, looks like a beautiful big dome with rainbows in it) Holds all the dreams of all the children in the whole world. It helps children to believe in their dreams even when others laugh at them. Calcite helps children learn to trust others so that they can make friends. Calcite helps all of us learn to recognise truth and see through other people's dramas without cynicism, restoring a childlike sense of joy, wonder and innocence.

### finding the peace within

charoite

(purple with dark grey pathways through it) Shows you the way through your fears to perfect peace. This gives you a feeling of security which helps to ease dependence on ritual behaviours (e.g. obsessive/compulsive). Changes loneliness to love and warms the heart.

### hearing the child within

chrysocolla-gem-silica

(turquoise-blue surrounding beautiful little shimmery blue caves) Makes you feel as if you are being held in a mother's arms - safe and at peace. It allows you to feel safe enough to say what you really feel so it can help children who find it hard to express themselves. It soothes the aura and brings a sense of peace to children who are very sensitive to energies and find it hard to settle.

### unlocking the genius within

fluorite

(dark & light purple) This essence helps children who have been damaged by criticism to know that they are perfect just the way that they are. It helps children who are dyslexic, and believe that they are stupid, to relax and allow information in. This essence helps us to see the bigger, global picture and explore the possibility of a new way of being.

### holding the light within

hematite

(very shiny black) Helps you to be very 'light' yet very strong and grounded. Connects you to the Spirit team who oversee the earth changes and who will help you take in the rising vibrations of the planet without becoming unbalanced. Eases mental stress caused by an overactive mind by drawing the energy down out of the mind and dispersing it throughout the body. Encourages children who are perfectionists, and a bit fanatical, to relax and let go.

### finding the balance within

isis

(clear crystal point with a 5 sided face) Lifts the weight off your heart, gives you a feeling of indestructible strength and determination. Balances the left and right sides of the being. Brings in all the colours of the rainbow and helps to balance your chakras. Triggers the body's self-healing mechanism. Helps you to bounce back after sickness and grief. Brings in a new energy, the energy of 'be-ing'.

### keeping the focus within

kyanite

(beautiful greyish blue) Helps to focus energy, pull it together and direct it downwards to the earth star under your feet, making you feel centred and grounded. Very useful essence in these challenging times when all the old rules are changing and it is often hard to know what to do. Will help you focus and pull everything together to bring new ideas into being. Will calm the troubled waters of emotional turmoil and encourage you to move on through it.

### feeling the joy within

hiddenite & kunzite

(very pale green, looks like a little space ship & beautiful rosy pink) The little hiddenite stone has been very damaged but it's essence is joy. Together with it's sister Kunzite the message is that no matter how bad things have been, it is possible to feel joy again. The rosy pink of the Kunzite helps space cadets feel safe enough to come back into their physical bodies. This essence helps to keep the energy body balanced in the presence of geopathic stress, making it easier for very sensitive beings to stay in their bodies. The colours green and pink both relate to the heart chakra and this essence helps this chakra to stay open. It is particularly useful for teenagers embarking on their first relationships.

### feeling the love within

larimar & rose quartz

(beautiful sky blue and marshmallow pink)  
Brings a feeling of perfect contentment with yourself. Helps you love and accept all parts of yourself. Encourages you to be gentle with yourself and know that there is no such thing as 'wrong'. Helps sensitive children brush off the fears and doubts that others try to lay on them

### letting go within

lepidolite

(lovely silvery pale purple in very fine bendy sheets) When you've been under pressure, helps you to relax, chill out and go with the flow. Transforms the tension of fear and resistance to soft accepting energy. Conducts energy throughout the body so that it doesn't build up in any one place. Supports the free movement of CSF. Encourages abdominal breathing. Makes it easier for the new child to expand her/his energy safely.

### knowing the knowing within

pyrite

(little gold stone with an impish ET-like face) Helps you to see clearly, know what is true and repel any energies that aren't good for you. Pyrite helps the body to get rid of all sorts of toxins. Helps children stay in their bodies even in the presence of difficult energies. Encourages a mature sense of discrimination and awareness without judgement or blame.

### feeling the feeling within

ruby with kyanite one

Clears out old, inherited patterns to do with the use of male or yang energy. Heals genetic memories of abuse. Promotes and helps integrate a new male energy. Helps you stay focused enough to bring ideas into being in a new way.

### feeling the power within

ruby with kyanite two

The female counterpart of No 1. Clears out old, inherited patterns to do with the use of female or yin energy. Helps remove tendencies to be passive. Allays fears about being female. Helps to bring your new female and male energies into balance.

### bringing the light within

selenite

(opaque clear to white soft stone) Softens up the physical body so that light can come in. Helps you to stop resisting these changes. Teaches you to allow and trust the process of change. Helps you raise your own vibration and become more aware of your senses. Helps you access your own inner language so that you 'know' the answers to your current questions. Gives us a taste of heaven on earth.

### feeling safe within

sugulite

(lovely purple stone with brown in it) Helps those who are new to the planet to feel safe and comfortable and 'at home' in their physical bodies. Also helps when you feel that you've forgotten how to be human and want to go home. Helps concentration even in difficult circumstances. Helps the child to sleep soundly, knowing that they are safe and loved. Acts a bit like an energetic umbrella, helping to hold the heavy energies of the planet off the sensitive little ones.

## 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 are drawn to. Read about the bottle after you have picked it so that you choose with your heart, not your mind.

## how to make an essence cream

This is a really good way to make a few drops of essence go a long way. Line up all the essences you've decided you need right now. Get some plain cream or oil to put the 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 mix ( e.g. you pick up a bottle, and 5 comes into your head - use 5 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. Then just mix it all together and rub it into any sore bits of your body. If you can't feel where to put the cream immediately, think about the problem and notice where you feel it in your body. Put the cream on 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 have stopped wanting to use the cream.

## other ways to use the essences

put drops in a drink of water and take sips regularly till you feel like stopping

put drops in a spray bottle and spray around yourself and your room - do not spray at other people - it's your choice to use the essences, not theirs.

put drops in the bath

sleep with the bottle under your pillow

or simply hold the bottle, breathe deeply and relax

AVAILABLE FROM

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Cumbria LA8 9EQ

tel: 08452 235436 (local rate) / 01539 824776

email: [admin@healthlines.co.uk](mailto:admin@healthlines.co.uk)

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

**indigo is the colour of the night sky the moment before the dawn  
of a new day**

Please do not let very young children play with the essences unattended.



indigo

**new child series**

Indigo essences **new child series** are gem essences co-creatively made by Ann Callaghan in Co. Wicklow, Ireland. We've made them particularly to help children, and the child in all of us, stay balanced and fairly sane through these times of intense change.

## why did we call them indigo?

The colour indigo is often described as the colour in the night sky the moment before the dawn of a new day. This is where we see ourselves, on the brink of a brand new day for mankind - a day when all children are loved and nurtured simply for being themselves.

Changing the way we treat children will change the world. These children will grow into fearless adults who go on to govern this world of ours with love, compassion & integrity - imagine what that will be like !

## release fear - allow love

The stones used in the Indigo Essences all relate to the common themes of childhood, especially to letting go of the fears which prevent us from being the loving, carefree, sparks of light that we really are.

## lighten up

Several of the essences will help with the sometimes uncomfortable feelings we get in our bodies as we change and become lighter.

## feel safe

The essences will help very sensitive people feel safe, comfortable and settled in their physical bodies.

## & finally, ..... have a bit of fun!!

as we let go of our fears we begin to realise that nothing really matters, we don't have to be serious, we can laugh again