

when to use essences

Essences work best when they are used intuitively - so take them when you feel drawn to do so.

how to choose essences

Use your intuition (inner-teacher) as much as possible. Sit still. Breathe deeply. Quiet yourself. 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 and soul, not your mind.

All you have to do is trust yourself.

how many drops will I take?

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

is it ok to take more than one essence at a time?

Yes it is. Your energy body will tell you exactly how many you need at any given time - sometimes one will do, other times you may

need to take several together - it all depends on what's going on.

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 a bowl of water somewhere special in your house. Change the water frequently

put drops in the bath

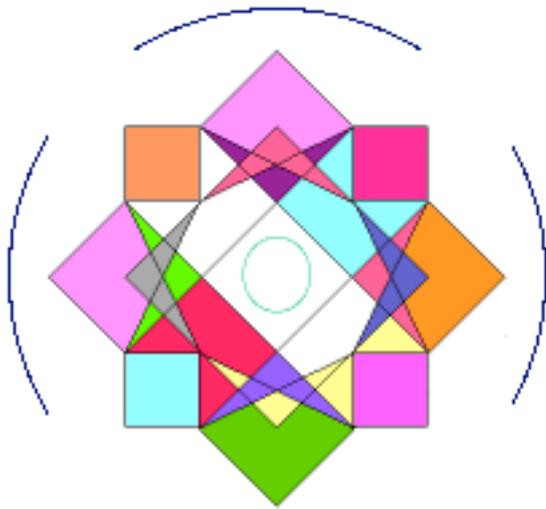
sleep with the bottle under your pillow

or simply hold the bottle, breathe deeply and relax

Indigo Essences are co-creatively made in Ireland. they are available in the UK from:
Healthlines, The Courtyard, Howestone, Whinfell, Kendal, Cumbria LA8 9EQ Tel: 01539 824776

www.healthlines.co.uk

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



indigo essences

NEW ENERGY SERIES



The new energy series came into being around midsummer of 2001. They are very different to the new child series. I feel that they are about making the leap into a new way of being. They want us to let go of every aspect of our old, fear-filled selves. This series was the first of the Indigo Essences to be made in Dragonhold.* I now see that they contain a lot of the Dragon energy. This energy is very similar to the energy of the children of the Indigo time - very direct, very clear and completely in integrity.

Firstly, numbers 1 - 7 were made in a very different way to any essence I'd ever made before. When I made the new child series I processed most of what the essence would be about before it came in. In fact, they were very much to do with my own healing. This lot were different! I consciously had very little to do with them. I got the feeling that something was being brought in ahead of me, something that would help me in my future. I had no idea which rocks were involved in each essence and no idea what the essences were about till some time after they were made. The "instructions", if you like, were very simple. A great number of rocks of all kinds were put in a big circle. Then the essence making bowl was placed in the centre of the circle. I could sense energies moving around the circle, merging and melding to become something that didn't exist before. Hence the name, new energy. There are three other essences in this series that were made in a more conventional way, Eight, Pop and Diamond Light.

No 1. an essences to help us stay balanced as we **release the old baggage** of duality from our beings and start to feel whole again.

No 2. mindlessness - this essence helps us to allow the old patterns of the mind to melt away. Very useful when you find yourself thinking the same old thoughts over and over again.

No 3. acceptance - helps us adjust to new information and new ways of being.

No 4. expression - helps us to say what we really feel, who we really are, from the heart, without ego.

No 5. braveheart - when we question our sanity, when we feel really fed up with all this 'new energy' stuff. Will help you find the heart to go on.

No 6. connection - this essence helps us to strengthen our connections to all aroundus and increase our sensitivity.

No 7 creativity - this essence will help to stimulate your "new" creative energy and learn to create in a new way, without effort or stress. Very useful when you want to embark on a new project but can't seem to get it together.

No 8 infinity - this essence was made with a drop of all the essences that had come before it and a green calcite globe and is about bringing everything we have learnt from past and future together into the **now** moment.

POP this essence was made with the help of a beautiful piece of Labradorite, and is about **popping through our illusions** of what is real and what isn't. There is a feeling of playfulness and relief about it as It helps us realise that all this stuff that we worry about isn't really real at all, just a bad dream.

DIAMOND LIGHT- made with a solitaire diamond, platinum and gold. Emergence - the dark and the light of duality merge together to form a new incorruptible, brilliant, precious light energy. This essence is about the **clarity** that is available to us after we release all the old sludge.