



*LightBringer Essences* is based in the Lake District, England, where all the Essences are lovingly made by hand by the founder, Rachel Singleton. Wherever possible, all ingredients used in the products are from Certified Organic sources. The Wild Flower Essences are made through a unique process which does not involve picking or harming the plants. The utmost care has been taken to create Essences which are high in quality, of the purest energy, and safe and easy for you to use.



1% of all sales of LightBringer Essence Drops and Mists goes to projects which help to conserve wild flowers and their habitats in the British Isles.



LightBringer Essences is a member of the British Association of Flower Essence Producers

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*Clarity Insight Support*

# LIGHTBRINGER ESSENCES

## PRODUCTS AND PRICES



*Wild flower essences lovingly made by hand in the Lake District*

*Clarity Insight Support*

## COMBINATION ESSENCES



These three gorgeous Combinations provide a timely way of using Essences when you are on the move, need something urgently or want to create a particular atmosphere. Beautifully made and presented, they fit perfectly into a pocket or handbag. All the Combination Essences are available as drops to take internally and as misting sprays\* to use externally.

### Heart Balm

*To support and nurture the radiant energy of your heart; to help enhance and deepen feelings of love, intimacy, friendship and tenderness; to create a heart-warming space within yourself and your environment.*

**Qualities:** Open-hearted, gentle, compassionate, loving, giving, embracing, receiving.



### Light Support

*To support your inner light; to foster clarity, insight and spiritual strength during times of challenge; to help release stuck and negative energy; to stay aligned, centred and at one with yourself.*

**Qualities:** Clear, grounded, navigating difficult times, inner light and strength, centred.



### Loving Desire

*To help foster feelings of loving sensuality and intimacy; to nurture creativity and flow in the sacral chakra; to help you express your sexuality with love and joy.*

**Qualities:** Intimacy, sensuality, communion, physicality, tenderness, joy.



**Spring Squill - Childhood Innocence.** Helps clarify and restore childhood innocence, truth and dreams. Brings insight and support to feelings of trauma, bad dreams, painful experiences, in adults and children.

**Starry Saxifrage - Spiritual and Material Balance.** Supports you in balancing the need for worldly success, achievement and recognition, with your spiritual needs. Helps in creating truly holistic abundance and success for yourself and others.

**Venus Transit - Divine Feminine.** Supports you in opening to the energy of the Divine Female. Exploring and knowing energies of goddess, fertility, intuition, birth, destruction within. Initiation into the inner magic and mystery of the feminine.

**Vernal Equinox - Sacral Balance.** Awakening sexual energy; regeneration of the sacral chakra. Cleansing and clearing the sacral chakra of obstruction to flow.

**Viper's Bugloss - Spoken Word.** Knowing the true weight of your words and their potential for harm or healing. Releasing the need to criticise, judge, blame, condemn the self or others. Coming to a place of care and creativity with your language. Sacred discourse.

## NEW ESSENCES

### Bountiful Life Combination

*To help you attract benevolent abundance into your life; for opening to receiving, giving and gratitude. Assists you in manifesting abundance in line with your deeper self.*

**Qualities:** Gratitude, counting one's blessings, joyful prosperity, loving exchange.

### Animal Support Combination

*To support animals in creating a healthy loving bond with you and each other. To help with integration into new circumstances. Creates a soothing, protective atmosphere in times of change and upheaval.*

**Qualities:** Feeling at home and safe, protection, grounding, social interaction, trust.

## ESSENCE CARDS

These beautiful double-laminated cards contain pictures of all the essences and are a wonderful tool for intuitively attuning to and selecting them. They come in a durable box with the LightBringer Essence Booklet.



**Marsh Marigold - Mental and Physical Balance.** For learning to balance excessive 'head' energy with the needs of the physical body - giving each equal voice. For excessive mental activity leading to patterns of physical ill-health and exhaustion.

**Monkshood - Good Medicine.** Finding and harnessing your own good medicine for yourself and your community. Finding abundance, vitality, and physical health in the natural world. Drawing to self and others that which nurtures, upholds, sustains.

**Pink Purslane - Physical Intimacy.** Opening to our sexual and sensual nature at deeper levels. Long-term physical communion with our loved one. Feeling safe in our sexuality. Expressing our love with pleasure, playfulness and lightness.

**Primrose - Good Love.** Loving with all the boundlessness of your being whilst accepting the boundaries. Letting go of giving or receiving inappropriate expressions of love. Finding within the boundaries of a given relationship ample room to love well.

**Ring of Brodgar - Sacred Space.** Feeling the support of earth and humanity. Feeling the energy of these come together in wild and sacred energy. For ceremonies, recharging, and deep connection with the sacred in the earth and sky

**Ruby-in-the-Storm - Strength of Heart.** Staying firmly grounded in your heart during times of change. Going with the dynamic winds of change, even when these seem shattering. Charting your heart's path through the storm.

**Scots Pine Sentinel - Inner Direction.** Helps you to re-orientate when feeling lost, blind and stuck in the past. Being with the fog and seeing through it. Brings security and a sense of being at home.

**Scots Primrose - Jewel of the Heart.** The 'heart support' essence. Restores exquisite connection with the heart, with its deepest potential. Helps you explore your heart's riches and treasures.

**Serenity - Mindfulness.** Provides a bridge when stepping from one level of consciousness to the next. For releasing attachment to any clouds passing over the clear blue sky of the eternal mind. Grace, mindfulness, awareness.

**Silver Birch ('fire') - Harnessing Fire.** Learning to master your fire; letting it flow without burn-out or overwhelm. For walking in the realms of anger and passion without going into reaction. Feeling way through to gifts of insight, inner power and self-awareness.

**Silver Light - Waiting.** For those times when it is not right for you to act - learning the gift of patient attention. Understanding the energy of winter when nothing appears to be happening. Staying poised and gathered for the moment when action is needed.



## INDIVIDUAL ESSENCES

*The Individual Essences come as stock concentrate.  
To make a dosage bottle, please see following pages.*

**Alpine Aster - Inner Space.** Helps you connect with your inner haven, the place of your hidden self where you have complete privacy and space to dream, grow, renew yourself.

**Alpine forget-Me-Not - Divine Love.** Knowledge that we are all loved, all of the time. Remembering past love; understanding that love does not die. Opening to receiving Divine Love as a true presence in our lives. Spiritual Love.

**Alpine Willowherb - Heart Balm.** For touching, tending, releasing deeply held wounds in the heart. Brings intimate and poignant connection with long held wounds so that healing may gently flow.

**Angel Star - Guiding Light.** For remaining clear, defined and aligned with Spirit and True Self during dark and difficult times. Knowing your own path and voice as distinct from the energy of others.

**Aragonite - Relationship To The Physical.** Feeling secure in your own body, releasing areas of tension and resistance. Knowing your physical body as home. Honouring your body and the body Earth.

**Balnakeil Bay - Self-fulfilment.** Activation of your True Self; alignment; alchemy. Coming into your own, being in your element. Peaking at the level of consciousness you have currently attained.

**Bee Orchid - Individual Path.** When creating something exquisite, unique, true in your life and work - brings inspiration, confidence, support on all levels. Holds the template for what is being created.

**Bird's Eye Primrose - Vision.** Fosters strong and vital inner vision. Clarity to see all perspectives, to see the truth of the circumstances you are in. To select the way that is in line with your highest vision.

**Bluebell - Trust in Love.** Helps restore you to your purest faith in love, and trust in the love of those around you. Helps you release and move past suspicion and resentment, and know love again.



**Bogbean - Sensitivity.** Supports us in being sensitive and attuned in a healthy way; perceiving clearly; able to use more than our five senses. Protective and stabilizing for those who are 'too sensitive'. Brings balanced sensitivity.

**Butterfly Orchid - Healing Consciousness.** Cleansing, aligning, reinforcing one's healing energy at every level. Opening to channelling pure healing energy from Spirit; being a conduit. Removing internal blocks to being a healer.

**Chickweed Wintergreen - Composure.** For when you have learnt things the hard way, through difficult experiences; where there is shame and guilt. Helps absolve and purify. Tolerance and calm.

**Cobweb Houseleek - Harnessing Strength.** Connection with deep levels of inner resources during lean times. Breaking through to new levels of maturity, strength and vitality. Discovering your strengths.

**Dark Red Helleborine - Lost Information.** Helps reveal and restore knowledge within. For engaging with aspects of self/life beyond your current knowledge and ability. Key to release from stuck patterns.

**English Bearsfoot - Heart Cleanser.** Cleanses the heart of negativity; removes dark energy. Spring-cleans the heart. Rejuvenates, revitalises, reconstitutes the heart's divine energetic structure. Releases all negativity that pollutes the heart.

**Fly Orchid - Into the Dark.** Transmuting dark areas of our life and being in to that which is rich and potent. Learning our deepest hardest lessons, turning them into gold. Releasing dark clots of consciousness, negativity, and 'disease'.

**Fragrant Orchid - Group Harmony.** Attuning to and resonating with others in accord; refining the energy of a group; working together to the highest potential. Discovering why we are grouped with others.

**Globe Flower - Inter-relating.** For seeing the bigger picture; understanding how everything inter-relates with everything else. Responsibility for your place and part in the whole.

**Golden Light - Dancing forward.** Reconnecting with your playfulness and dreams. Looking to the future. Helps you keep imagining a rich and beautiful life into fruition.

**Grandfather Pine - Empowered Male.** Grand, formidable, impregnable; deep and gentle wisdom. **Grandmother Pine - Empowered Feminine.** Energy of the matriarch, impressive force, guardian, command. *Both* enable you to make contact with and be guided by your ancestral wisdom. Facilitate justice, fairness, good judgment, appropriate action.



**Grand Quintile - Dissolving defences.** Balancing individuality with oneness, and healthy boundaries with defensiveness and separateness. Letting inner defences relax and merge with love.

**Grass-of-Parnassus - Celebrating Your Light.** Knowing, owning, celebrating your individual and exquisite inner light. Relinquishing habits of giving light away/denying it. Standing in the light of Who You Are.

**Greater Cuckooflower - Loving Intimacy.** Friendship, companionship, community, communion with others. Meeting others with love; forging strong bonds of friendship and trust. Social ease and confidence. Mutual responsibility.

**Hawthorn Blossom - Domestic Harmony.** For accepting and being at one with your life as it is, counting your gifts and blessings. Ceasing to yearn for what is not, working with the richness of What Is.

**Hawthorn Berries - Ripening intensity.** Fruition, receiving the fruits of your labours / your heart's desires. Letting go of old patterns of suffering and lack. Coming into your own, your abundance.

**Lady's Slipper Orchid - Healthy Vitality.** For living the knowledge that we can heal; reconnecting with our innermost vitality. Connecting with our ability to help others to heal. Understanding what healing means for ourselves and others.

**La Meije - Spiritual Majesty.** Connecting with the place within where your spirit soars. Sitting at the foot of your sacred mountain and meeting your path and calling. Going beyond previously known limits - facing the terror and splendour of your Spiritual Path.

**Le Jardin des Alpes - Reassurance.** Nurtures an inner space of contemplation and meditation. For coming within to rest, renew, relax. Returning to the gentleness and compassion within.

**Lunar Standstill - Embracing Change.** For connecting deeply with your intuition and subconscious awareness during change. Fosters energy, creativity and confidence. Learning to flow with change.

**Marsh Felwort - Applying your Wisdom.** Applying your spiritual knowledge, your deeper wisdom, to everyday life. Sensing and heeding your inner voice, applying these teachings practically. Spiritual discipline and resolve.

**Marsh Helleborine - Out into the World.** Moving out into the world with confidence and ease; especially after periods of retreat or introversion. Finding our way in the world; taking our teaching/knowledge/gifts out to others.

