

Essence 2 Essence Trainings
Monday 10th - Thursday 13th July 2017
Fawcett Mill Fields, Tebay, Lake District

Tutors:
Angie Jackson - Mediterranean Essences
Rachel Singleton - LightBringer Essences



The Essence Maker's Retreat 2017

Nature teaches those who listen

Join us for this unique residential workshop - learn how to listen to the teachings of the natural world and create impeccable Essences for healing



A Vision for Our Times

We live in times of uncertainty and challenge. On the material level it appears that there is much to cause concern. On the level of spirit we can feel great hope.

Many people are awakening to the call of these times - aware of a deeper level of harmony and beauty, aware of the power of their own consciousness to affect change, aware of how essential their inner peace is to the future of humanity and the earth.

We have a vision. It is our belief that Essences enhance and uplift our awareness, bringing about shifts in consciousness that can refine our energy vibration and our actions. It is our intention to take this soul medicine to humanity.

This three day intensive retreat offers the chance to explore this extraordinary healing modality and learn the impeccable art of how to make and use Essences.

Become part of the vision

Retreat Overview

The Teachings

The Essence Maker's Retreat offers an embodied experience, opening and clarifying your intuitive perception. Through the knowledge and experience of Rachel and Angie, the nurturing surroundings of the retreat centre, and the presence of Nature, you will find yourself immersed in the healing energies surrounding us all. During the Retreat, you will learn how to work with these energies more deeply in the creation and use of Vibrational Essences.

This unique retreat offers:

- Connection with the nourishing energy of beautiful surroundings
- Intent listening to the quiet whispers of the invisible world
- Exploration of the veil between the physical world and the world of subtle energy
- Learning about all aspects of Essence making from two experienced Producers
- The joy of co-creating with Nature as you make your own Essences
- Time to be still and immerse yourself wholeheartedly in Nature's teachings



Retreat Details at a Glance

APPLICATION PROCESS

The retreat has 14 places. To apply for a place, please see the attached document.

ACCOMMODATION & FOOD

The venue is non-smoking and the food is vegetarian.

There is a variety of accommodation including single, double, twin and triple rooms.

START & FINISH TIMES

You will arrive at the venue no earlier than 11.30am and no later than 12.30 for lunch on Monday 10th July. Please arrange departure for 2pm, after lunch on Thursday 13th July.

COST

The course costs include all accommodation and food. Prices begin at **£595 and go up to £700** depending on the room selected/available.

LOCATION

The venue is in a secluded valley, not far from the M6. The nearest train stations are:

Oxenholme The Lake District

Penrith

from where a taxi will need to be hired. Please contact us if you would like to share a taxi.

For further details on all of the above, please read on



'If we could see the miracle of a single flower clearly, our whole life would change.'

Buddha

The Course



The Essence Maker's Retreat is the first of its kind in the world. Essences are now recognised and used globally and are becoming a much-loved healing modality.

For those of us who work with them, it is vital that we understand their potential fully - not as little bottles sitting on a shelf - but as **living receptacles of scintillating energy; catalysts for change. What exactly do Essences offer us?**

There is no better way to answer this than from the inside out **by experiencing the incredible journey of making Essences and becoming sure-footed in the subtle realms of this energy medicine.**

Going Deeper

DURING THIS RETREAT you will be developing and deepening your inner senses, finding your connection with the subtle world and learning to trust your inner guidance.

A core aspect of our time together will be devoted to **tuning in** - to yourself, to the plants, rocks, rivers and energies that will surround us, and to **the invisible world beyond and within**. We will encourage you to find your own language to express what you feel, **building your own sensory vocabulary**.

Throughout these three days, we will place emphasis on **expanding your ability to be grounded and connected to the Earth as you explore the subtle realms**. Standing in balance, in your centre, you will learn to become more **still, receptive and open**. From this centred place you will work with **the profound insights of the imaginal realm**.

Throughout the retreat you will be **learning methodologies for making Essences**, including the history of Essence making, how to arrive at the end product, what stages and ingredients are involved, **the outer and inner aspects of Essence making** and - vitally important - **the preparation of yourself** for this magical experience.

There's an amazing array of Essences from all over the world to inspire us. **Together we will share our ideas and experiences of what different Essences do and how they work**. We will invite you to reflect on your own journey with Essences so far.

Finally, it is our wish that you leave the retreat professionally empowered to work with healing, vibrant Essences - those already out there and those you have yet to make. . .



'The observation of nature requires a certain purity of mind that cannot be disturbed or preoccupied by anything.'

Johann Wolfgang von Goethe

Who will this Retreat suit?

The Essence Maker's Retreat is suitable for anyone who already has experience of using, taking or making Essences but wants to go deeper. All levels of experience are welcome.

No previous qualifications are required and the course itself does not lead to a qualification (though it would count as CPD).

The retreat leads to a deepening connection with your soul and the soul of Essences.



What is Involved?

The Essence Maker's Retreat involves:

- Taught group sessions and discussions
- Time alone in Nature to tune in, reflect and make Essences
- Meditation guided and self-directed
- Movement energy and breath work
- Self-awareness and reflection as you witness your own inner path unfolding

You will need to be able to work alone and with others; to share living space and insights with fellow participants; and to be willing to reflect on and explore your own inner reality as the journey unfolds.

You will be learning to trust your own intuition more deeply and to find ways to express that.

The Retreat will unfold in a space that is nurturing and mutually supportive for all concerned. We invite participants who will uphold the creation of this sacred and loving space.



"Never does nature say one thing and wisdom another."

Juvenal

The Tutors

We are both passionate about Essence making - the magic, the joy, the potential. . . . Between us we have 30 years of experience in making Essences and many more in working with Essence ranges from all over the world.

We believe that Essences play an important role in **the healing of individuals and the raising of consciousness.** From each individual, the ripples go far. At this powerful and challenging time on planet earth individuals coming together will make the difference.

We see energy medicine, in all its various forms, coming more and more into its own as this 21st century unfolds. Out of our love for and commitment to our beautiful healing modality, this retreat arose as a means to inspire others in this important work. **As we share our knowledge with you, we also wish to help you more deeply access yours.**



Angie Jackson - Mediterranean Essences



I have devoted a significant part of my life's journey to exploring and embracing energy work for health and wellbeing. I first discovered Flower Essences over 30 years ago, and I have always marvelled at their simplicity and gentleness, as well as the way they go directly to the heart of the matter. Essences have played a key role in my practice as a homeopath over many years, as well as being central to my teaching work.

Everything took on a new and exciting dimension when I started to co-create my own range - the Mediterranean Essences, in 2002. Making Essences has enabled me to connect more and more deeply with both nature and the subtle realms - an enriching experience of great joy. I'm delighted to be part of the continual growth of Essences in the world of healing as vital tools of support and transformation for the challenging and powerful times we live in.

Rachel Singleton - LightBringer Essences



I was introduced to Flower Essences when training as a homeopath in my early 20's. The afternoon we were introduced to them still stays with me to this day. I knew that I had come 'home'. And I had a longing, right from the start, to make my own Essences.

In the intervening years I have trained in Essences from around the world, sought out teachings on plant-spirit medicine, worked in partnership with the nature kingdom to co-create the LightBringer range and became an accredited tutor to train others as Essence Practitioners.

For me, Essences are exquisite medicine for the soul, inviting us with their grace and harmony to refine and raise our own energy vibration. I believe we are still only glimpsing the incredible depths and heights they can help us reach . . .

'The heart brings us authentic tidings of invisible things.'

James Hillman

The Venue

Accommodation

Fawcett Mill Fields is a beautiful retreat venue - **cosy, tranquil and resplendent in nature** - a place that can hold and nurture us all as we delve into the subtle realms.

Set in a secluded valley, the old mill has been carefully restored inside and out with beautiful rooms and grounds. It sits beside a river that fills with golden Mimulus flowers in summer. There are extensive gardens lovingly tended by the owner and exquisite nooks and crannies where you can sit and enjoy the surroundings.

Accommodation consists of single and shared rooms.

Single rooms will be allocated on a first come first served basis. The other options are shared twin and triple rooms and are priced accordingly. Please state your preference and get your application in early.



Food



We both know the huge benefits of self care and want this experience to be **nurturing for you on all levels.** Our meals will be thoughtfully and lovingly prepared by our in-house chef throughout the retreat.

You will be served heart-warming, nutritious and wholesome food during your stay. **The food is vegetarian with vegan options.**

Please let us know if you have any other dietary requirements and we will do our best to accommodate them.

*'If we surrendered to earth's intelligence
we could rise up rooted, like trees.'*

Rainer Maria Rilke

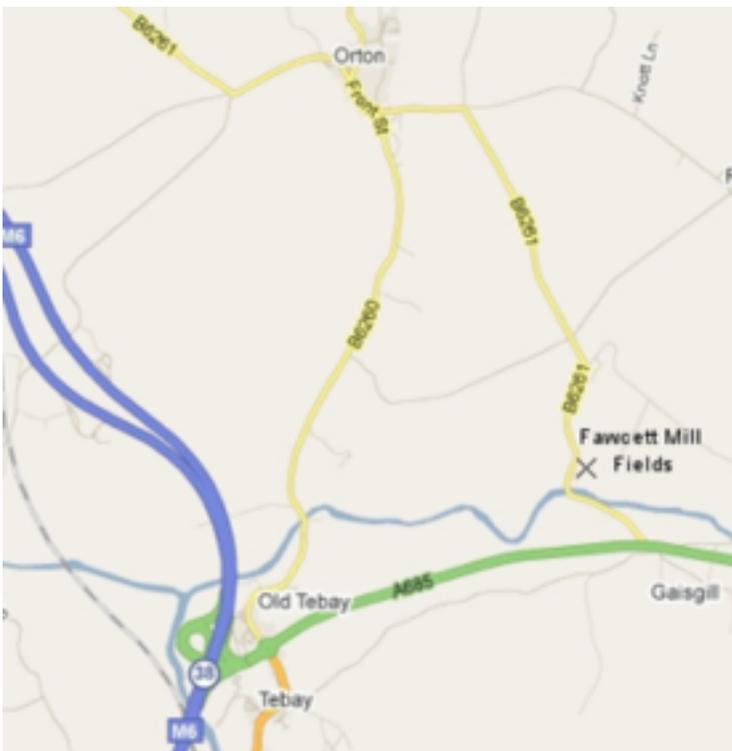
What Happens Next

If you have not done so already, **please request or download the Application Form pack**. This includes all the details of pricing for the different levels of accommodation available, the cancellations and refund policy and details of transport options.

There are only limited places for this retreat. PLEASE GET YOUR APPLICATION IN AS SOON AS POSSIBLE. Once we have your application form, either Angie or Rachel will make contact with you to arrange a phone interview. You will then be contacted by email within 14 days of your interview to be notified of whether or not we are able to offer you a place.



Location and Directions



For full details regarding finding the venue, please see the website:

<http://www.fawcettmillfields.com>

Please DO NOT book your accommodation through Fawcett Mill Fields or their website.

Your accommodation will be booked by your tutors when you are accepted on the retreat.

If you are **coming by train to Oxenholme-Lake-District or Penrith** and would like to arrange to share a taxi with other participants to the venue, **please make sure you fill in the relevant area of the application form so that we can put you in touch.**

Venue: Fawcett Mill Fields, Glaisdale, Tebay, Penrith. Cumbria. CA10 3UB.

'Come forth into the light of things, let Nature be your teacher.'

William Wordsworth