Hello and welcome to the Autumn edition of Inessence. It has been a busy time for Healthlines with a long looked for move to new premises at last fulfilled - for all details on this, updates on products and discounts, and our new contact details please see the back page.

This issue of the newsletter also features an article by Rose Titchiner, the founder of the Light Heart Essences. The energy of these essences is, for me, very feminine and tender and as such they seem to capture an aspect of the British flora that is not represented in the same way elsewhere. They reach deeply and gently with a soothing touch and insight. Having always enjoyed Rose's literature on her essences it is wonderful to read here about the person behind them, her journey in making the essences and the depths of courage and heart this journey has asked of her. It serves as a reminder of how deeply work in the healing arts requires us to be aware of our own process and progression at all times, and to have the willingness, often, to let ourselves be the raw material through which we learn.

As ever, please continue to give your feedback and to send in your articles and your own experiences of using essences as producer, client or practitioner.

Stay warm and safe during these months of wild and bracing weather!
With very best wishes, Rachel.

WORLD TRAUMA SURVIVORS - ESSENCES TO BRING SUPPORT

Terrorist attacks, trauma, natural disasters are all featuring in the news today with apparently increasing frequency. Floods, hurricanes, tsunamis, bombings, famine. People worldwide are suffering from the after-effects of what are often sudden and devastating occurrences either in the natural world or from human actions.

We would like to put together information on useful essences, combinations, sprays, etc for this type of situation in the next issue of Inessence. PLEASE send me your experiences of essences that you have found supportive - either as one who has treated others, produces essences or has received essences during such trauma.

Both brief recommendations / one line explanations and longer case studies are welcome. Whilst essences cannot feed people, rebuild their homes or bring back their loved ones, they can tend to people’s hearts, provide them with insight and strength, and keep them strongly connected to their own inner light in order that they can see their way through.

Please email me on: rachel@healthlines.co.uk

AUTUMN LEAVES
Allows one to hear, see and feel communication from the other side and be open to that guidance and communication. Letting go and moving on.

LICHEN
Helps an invididual look for, be aware of and go to the light at the moment of physical death. Helps the spirit to move on and not get stuck.
INTRODUCING THE LIGHT HEART ESSENCES
by Rose Titchiner

Rachel (the editor of Inessence) has asked me to introduce the Light Heart Essences to you and to talk a bit about myself, how these essences came into being, and what they might be offering us at this time – so here goes!

The key purpose of the Light Heart Essences is to help us to understand clearly the dynamics of the issues and wounds that we’re facing in our lives, and to awaken us to the healing that lies right in the heart of our present experience. We are in a process of conscious awakening and transformation and we need to realise just how powerfully creative we are, and what it is that we are creating both jointly and personally through our combined choices, beliefs and perceptions of who we are, of others, and of how life works.

My journey with flower essences began 34 years ago at the age of sixteen, when I was on the point of leaving home, desperate to escape from the responsibility of looking after my widowed mother who was struggling with manic depression and alcoholism. I was feeling afraid and totally unprepared for life in the big wide world and my first set of Bach essences became my friends and supporters throughout the years that followed.

Since that time I have come to experience flower essences as living, bottled, interactive, consciousness – light streams of love and truth - each essence relating to different dynamics or aspects of our experience and perceptions; offering us deep insight, compassion, understanding, support and clarity. I felt poignantly, that if my mother had had access to much greater understanding, and the support of flower essences, she might never have ended up in psychiatric units undergoing the trauma of ECT, deep sleep treatments, and her ensuing and devastating loss of self-worth.

Deeply affected and pained by what had happened to my mother - at sixteen I began a search to find healing for our personal and jointly held mental, emotional and spiritual wounds. Alongside flower essences, for the past 23 years I have been on an ongoing journey of spiritual healing - an "inside out" process, exploring deeply how to heal both my own personal wounds and limiting beliefs, as well as our shared planetary wounds and illusions. In the past 15 years this journey has extended into the creation of the Light Heart essences and my work with both adults and children.

Since the age of four, I have asked fundamental questions about life: "Who are we really? Why are we here? What is real?" and "What do we need to understand and embody at this time in order to heal and awaken, and in order to heal our planet and our shared history?" The Light Heart Essences arose out of an ongoing search for answers to these questions.

I never know when I’m going to make an essence. For several weeks or months before a new essence is made, I find myself intensely immersed in a painful issue in my own experience, that is also an archetypal human wound or issue. Throughout this process I am questioning: "What is this? Why do we experience this? What do we need to realise in order to heal?" – as I search for clarity and understanding at the deepest and highest levels I can reach to, until suddenly one day I realise that I’m about to make an essence.
Often I’m woken in the night, or first thing in the morning with the name of the plant and its image, together with a rush of information and insight into what this particular essence might be saying to us. It’s always a surprise and always the information is well beyond my current level of understanding, pulling me forward into an expanded perception of who we are and how things work. Always it has that "Ah ha!" light-bulb flash of clarity, inspiration and sudden understanding to it.

There are currently 67 Light Heart single essences, a Light Heart ("Truly Divine") in-depth 272 page Handbook and Card set, 18 Light Heart combination essences, plus a set of 10 Light Heart ‘Bagua’ stock combination essences for acupuncturists, kinesiologists, Shiatsu therapists, and for work with Feng Shui and the I Ching.

These Light Heart Essences cover a whole range of human (and divine!) experience - addressing issues such as: learning how to love and understand ourselves and each other; embracing feeling without judgement; understanding the true nature of love and relationships and the dynamics of guilt, anger, fear and addictive patterns; learning how to parent ourselves; releasing judgement; embracing vulnerability and honesty; self-worth; self-expression; self healing; healing from shock, trauma and abuse; sexual healing; the integration of polarities; empowerment; understanding the dynamics of abundance; incarnation choices; cutting ties that bind; connection to spirit and intuition and much more……..

The gifts and insights that these essences have brought to me personally have been so profound and so wonderful as to be beyond anything that I could ever put into words, and increasingly these essences are reaching out to more and more people with the love, understanding and insight that they are offering us at this time.

Below is the most recent Light Heart single essence, made on the 28th August 2005:

**Light Dancer**  
Great Bindweed - Calystegia silvatica

Keywords: Joy! Non-attachment; trust; open hands - open heart - open mind; for a higher level of all embracing, un-possessive love; leaping free into the void; stepping into the unknown; death and rebirth; inhaling and exhaling; embracing and letting go in the moment; giving and receiving joyfully and freely without attachment; seeing clearly what it is that we need to let go of; letting go of old pain, grief, anger, tears and fears; releasing ourselves and each other from fear-based ties and ties of commitment that bind and suppress our expansion and joyful development; setting each other free.

Indications: fear of the void - fear of the unknown; fear of aloneness; for when we avoid connecting with ourselves and with our pain and our deepest fears; whenever we cling tightly to old pain, limiting ways of being or to other people, out of fear; fear of loss; clinging to the past; addictive patterns - to food, alcohol, drugs, shopping, nicotine, work, or habitual dependency on another person; children who cling to parents and parents who cling to children; inability to share; jealousy and possessiveness; for when we are carrying too much baggage and too much weight of pain, fear, grief, anger, possessions, responsibilities or inhibitions; for letting go of outmoded structures or patterns of being; Chiron Returns.

For phone consultations with Rose Titchiner (flower essence therapy & in-depth spiritual counselling) for adults and children in the UK & overseas TEL: +44(0)1986 785216  
email: info@lightheartessences.co.uk  
for further Light Heart essence information see www.lightheartessences.co.uk
**WHAT’S NEW?**

Wow! What a time of change this is for so many people. If you, like us, are in transition you’re probably finding yourself just having to let go and trust. Taking a step into the unknown can feel scary even if it’s a step you’ve been searching for and know deep down is the right one.

After 2.5 years in a small stock room and an office on half a landing, we’ve found the ideal place to move Healthlines to. It’s a converted barn at Underbarrow in the beautiful Lyth Valley which gives us amazing views while we work. We now have much more space to breathe and to expand our range and stock levels. We also have a purpose built ‘clean room’ for making up dosage bottles and prescriptions. There is even a seminar room where we can run our essence seminars. Feels like heaven to me!

The other big change is that we’ve been invited to be a practitioner distributor for Bush essences. This is a huge step for us and the benefit to you is that we can now offer a better discount on Bush stock bottles. Please phone for details.

**WHAT ELSE IS NEW?**

We’re delighted that Melissa Assilem, world renowned Homeopath, has asked us to be the UK supplier of her Greek Tree Essences. Melissa has been developing her essences over many years and they’ve previously only been available at her seminars. You can now get them in two sets of 10 stock bottles, or individually as dosage bottles, from Healthlines. She’s also created a new set of 13 Astrological Essences, one for each sign plus one called ‘Dream Catcher’. So far as we know, this is a first. They’re currently available as dosage bottles and more information about them will be appearing in Inessence soon.

Ian White has re-packaged the Bush Essences so that a set includes all 69 of them neatly fitting in 2 boxes. You can also buy the new boxes empty to store all your Bush Essences in. We’re keeping the old price for a bit though - £470 - and we’re now able to increase our student/practitioner discount on all Bush stock bottles and the new set to 20%.

Ann Callaghan has brought out a compact Kinesiology tester kit containing all 44 of her Indigo essences. It’s excellent value if you use this method for prescribing. You can then give the prescription to your client who can contact us directly for their personalised combination to be made up. Ask us about other tester kits as well.

Steve Johnson is now supplying his Animal Care Combination in a 60ml and 120ml mist. On the grapevine, he will hopefully be bringing out his long awaited card set in the spring. Also, from the 1st January, Solstice Storm and Rainbow Glacier will be replaced in the Environmental Kit with Stone Circle and Rock Spring. They will only then be available while stocks last.

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**HEALTHLINES CHRISTMAS HOLIDAY**

Our last day of opening before Christmas will be Thursday 22nd. We will open again in the new year on Tuesday 3rd January. Wishing you Peace & Joy.

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**NEW CONTACT DETAILS**

Healthlines
The Barn, Town Yeat,
Underbarrow, Cumbria,
LA8 8DN

Tel: 015395 68761
Tel: 08452 235436
(local rate)

Fax: 015395 68316

www.healthlines.co.uk
admin@healthlines.co.uk

For newsletter submissions:
rachel@healthlines.co.uk

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**COMPETITION WINNERS**

Congratulations!
The following people each won an Indigo essence mist of their choice from the last competition:

- Rebecca Wheten
- Liam O’Sullivan
- Maggie Dudley
- Deirdre Houlihan

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**Bailey Essences - Sacred Lotus**

**Indigo Essences - Azurite**

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