

LIGHTBRINGER ESSENCES

INDIVIDUAL AND ORCHID ESSENCES

ALPINE FORGET-ME-NOT - *Myosotis alpestris* KEYNOTE: DIVINE LOVE

Knowledge that we are all loved, all of the time. Deep letting go of the need to control life. Remembering past love; understanding that love does not die. Opening to receiving Divine Love as a real presence.

Affirmation: *I open to Divine Love*

ANGEL STAR – (Lesser Stitchwort) *Stellaria graminea* KEYNOTE: GUIDING LIGHT

For remaining clear, defined and aligned with your authentic Self and with Spirit during dark and difficult times; knowing your own path and voice as distinct from the energy of others.

Affirmation: *I am clear, defined and on my path*

ARAGONITE - *Gem Essence* KEYNOTE: RELATIONSHIP TO THE PHYSICAL

Feeling warm and secure in your body; releasing areas of tension and resistance; knowing your physical body as home; respecting and honouring the physical body and the body of Earth.

Affirmation: *I am relaxed and at ease in my body*

BALNAKEIL BAY - *Gem/Environmental Essence* KEYNOTE: SELF-REALISATION

Healing Qualities: Activation of your True Self; alignment; alchemy; coming into the fullness of your own true nature; realising your unique potential in this world.

Affirmation: *I fulfil my true potential*

BEE ORCHID - *Ophrys apifera* KEYNOTE: INDIVIDUAL PATH

For the creation of something exquisite, unique and true in your life and work; brings inspiration, confidence, and support on all levels, of incredible depth and delicacy; holds you to this path even when it is solitary and hard; holds the energetic template for what is being created in order that it may be made manifest through you.

Affirmation: *I bring forth that which I am here to create*

BIRD CHERRY – *Prunus padus* KEYNOTE: LETTING GO

Reconnecting with lightness and joy in the face of life's difficulties. Letting go of the past – the regrets and remorse holding you back. Coming back to the present and its promise, not worrying about the past or future. Learning that it is how you are being right now that matters.

Affirmation: *I am fully Present*

BIRD'S EYE PRIMROSE - *Primula farinose* KEYNOTE: INNER VISION

Fosters strong and vital inner vision; clarity to see all perspectives, to look round and take in fully and clearly the truth of your circumstances and to select the way accordingly, in line with your highest vision.

Affirmation: *I perceive my life with true vision*

BLACKTHORN - *Prunus spinosa* KEYNOTE: ENERGETIC CLARITY

Purity of energy connection with self and others; moving away from fear of attack or invasion to your person or energy field; letting go of the need to be protected or defended; recovering connection to your innate resilience and wellbeing; knowing you are safe, whole and well.

Affirmation: *I am impervious to harm*

BLUEBELL - *Hyacinthoides non-scriptus* KEYNOTE: TRUST IN LOVE

Restores you to your purest faith in Love and your trust in the love of those around us; helps you release and move past suspicion and resentment arising from past experiences; to know and welcome Love again; to see the love in those around you.

Affirmation: *I trust in Love*

BOGBEAN - *Menyanthes trifoliata* KEYNOTE: HEALTHY SENSITIVITY

Supports healthy sensitivity and attunement; perceiving clearly; extra-sensory awareness. Protective and stabilising when 'too sensitive'. Helps bring increased sensitivity if self-absorbed and unaware.

Affirmation: *I am highly sensitive and attuned*

BURNT ORCHID – *Neotinea ustulata* KEYNOTE: BURNING AWAY THE PAST

For burning away old beliefs in limitation and suffering; making the shift in consciousness to a lighter and higher manifestation of your true Spiritual Self; dissolving karmic patterns; liberation from who you are not to restore your connection with Who You Really Are.

Affirmation: *I release all that holds me back*

BUTTERFLY ORCHID - *Platanthera bifolia* KEYNOTE: HEALING CONSCIOUSNESS

Cleansing, aligning, enabling and enhancing your healing energy at every level. Opening to channeling pure healing energy from Spirit; being a conduit of incredible clarity and strength. Removing blocks to being a healer.

Affirmation: *I open to healing consciousness*

CELTIC RAINFOREST – *Environmental Essence* KEYNOTE: REGENERATION

Deeply grounded and secure; enduring and thriving; knowing when to yield and stand firm. Reading the lay of the land and the scents in the air. Responsive, responsible. Living life fully, with creativity, with diversity. Regenerating constantly via connection with the Earth, openness to life, and own authenticity.

Affirmation: *I inhabit my life fully*

CHICKWEED WINTERGREEN - *Trientalis europaea* KEYNOTE: COMPASSION AND FORGIVENESS

Absolves and purifies. For when you have learnt things the hard way, through difficult experiences, where there is shame and guilt. Clears the heart of negative residue; brings tolerance and healthy remorse.

Affirmation: *I am innocent and pure*

COTTON GRASS – *Eriophorum angustifolium* KEYNOTE: SPIRITUAL FIRST AID

Moving through acute challenge and difficulty with confidence and buoyancy; reconnection with inner stability when deeply shaken and insecure; protected and cocooned; surrounded by white light; coming back to centre; restoring ease and comfort; dissolving any imprint of trauma in your energy-field.

Affirmation: *I am spiritually protected*

COWSLIP – *Primula veris* KEYNOTE: CLEAR THINKING

Navigating complex/emotive situations with a clear head. Discerning subtleties; differentiating clearly. Letting go of egoic thought-patterns in yourself and others. The emergence of spiritual insight. Responding with authenticity and creativity in the moment.

Affirmation: *I am clear in my mind*

COW-WHEAT – *Melampyrum pratense* KEYNOTE: CLEAR SPEAKING

Expressing complex ideas and thoughts clearly and succinctly; ease and eloquence of speech; having the ability to find the right words and speak true, however complex or challenging the situation.

Affirmation: *I express myself with ease*

DARK RED HELLEBORINE - *Epipactis atrorubens* KEYNOTE: RETRIEVING INFORMATION

Helps reveal and restore information and knowledge within you/your life that you need to recollect at this time in order to move forward; uncovering deep knowledge and hidden abilities; engaging with the mysterious and sacred; key to release.

Affirmation: *I open to life's mystery*

EARLY PURPLE ORCHID – *Orchid mascula* KEYNOTE: INTEGRATION

Assimilation and integration of new experiences for the evolving soul. Reclaiming soul parts, soul-retrieval. Comfort and security for the soul facing difficult situations where resistance to these causes further suffering. Integrity and wholeness.

Affirmation: *I am integrated and whole*

EARLY SPIDER ORCHID – *Ophrys sphegodes* KEYNOTE: TRANSFORMATION

Feeling the need to spread your wings; reaching beyond the confines of your current life. Coming home to yourself at a new level. Feeling a new direction beckoning, knowing that deep change is imminent and sensing that this leads to a more authentic path forward. Trusting what is leaving and what is yet to be.

Affirmation: *I come home to myself*

ENGLISH BEARSFOOT – *Helleborus foetidus* KEYNOTE: HEART CLEANSER

Cleanses the heart of negativity; removes dark energy. Spring-cleans the heart. Rejuvenates, revitalises, reconstitutes the heart's divine energetic structure. Releases negativity that pollutes the heart's loving expression.

Affirmation: *My heart is cleansed of all negativity*

FLY ORCHID - *Ophrys insectifera* KEYNOTE: INTO THE DARK

Transmuting dark areas of our life and being into that which is rich and potent. Learning our deepest hardest lessons; turning them into gold. Releasing dark clots of consciousness, negativity, and 'disease'. Befriending the dark for its rich and fertile resources.

Affirmation: *I embrace the darkness and richness within*

FRAGRANT ORCHID – *Gymnadenia conopsea* KEYNOTE: GROUP HARMONY

Harmonious group relationships; raising the energy of the group to resonate in accord with higher purpose of being together. Attuning to the balance point of the group's energy; harmonious and sensitive connection. Balance of group energy with individual energy.

Affirmation: *I am in harmony with my community*

FROG ORCHID – *Coeloglossum viride* KEYNOTE: MIRACLES HAPPEN

Miracles happen, prayers are answered; joyful opening to this without expectation or demand; letting go of how or what comes. Opening to the flow of Universal response to the heart's wishes, aligning with this and trusting deeply to its unfolding. Releasing the need to grasp or determine outcomes; enjoying the co-creative process of dancing with Life.

Affirmation: *My life is blessed with miracles*

GENTIAN – *Gentianella anglica* KEYNOTE: BEING

Spiritual connection and openness. Being with What Is in peace and acceptance. Letting guidance happen, letting insight come, letting life unfold. Letting the answers emerge from within, from a place of deep trust. Trust in Spirit. Opening to higher energies; embodying the sacred. Deep letting go of all striving and effort.

Affirmation: *I open to insight*

GLOBEFLOWER - *Trollius europaeus* KEYNOTE: INTER-RELATING

Rising above a limited world-view; for seeing the bigger picture, understanding how everything inter-relates with everything else; true 'global consciousness'; responsibility for your place and part in the whole – the whole Self, the whole of Life.

Affirmation: *I accept my place and part in the Whole*

GOLDEN LIGHT - *Environmental Essence* KEYNOTE: DANCING FORWARD

Reconnects you with your playfulness and with your dreams, for manifesting 'what happens next' in the life you are creating; keeping hold of your dreams, looking forward to the future; clarity, abundance, play; helps you to keep imagining a rich and beautiful life into fruition.

Affirmation: *I dance forward into a joyous future*

GRASS OF PARNASSUS - *Parnassia palustris* KEYNOTE: CELEBRATING YOUR LIGHT

Knowing, owning, celebrating your own exquisite and pure inner light; living your beautiful nature with truth and modesty; relinquishing habits of giving light away/denying it; standing in the light of Who You Are.

Affirmation: *I embrace my power and light*

GREATER CUCKOOFLOWER – *Cardamine raphanifolia* KEYNOTE: 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

Affirmation: *I embrace friendship and intimacy*

GREATER SEA SPURREY – *Spergularia media* KEYNOTE: ANGELIC SUPPORT

Connecting with the angels and working with them for the good of all; meeting another person angel-to-angel; sensing and receiving the loving presence of angels in your life.

Affirmation: *I see the angel within others*

GREEN-WINGED ORCHID – *Anacamptis morio* KEYNOTE: INTUITION

Connecting with the angels and working with them for the good of all; meeting another person angel-to-angel; sensing and receiving the loving presence of angels in your life.

Affirmation: *My intuition is strong and clear*

HAREBELL – *Campanula rotundifolia* KEYNOTE: CLEAR SPACE

Becoming aware of burdens, clutter, old energies in your self and your environment; catalyst to clear these energies from your life. Re-establishing clear space in which to breathe, thrive and grow. Cleansing of that which hampers and holds you back. Moving beyond heavy emotional responses.

Affirmation: *I release my burdens*

HARE'S FOOT CLOVER – *Trifolium arvense* KEYNOTE: TENDERNESS

Dissolving defensive and reactive ways of being; enables you to be soft and vulnerable. Protects, gentles, helps you accept and merge with Love. Sensitivity and insight, especially for children or your own inner child. To help soothe and repair inner wounds with great tenderness.

Affirmation: *I let down all defences*

HAWTHORN BERRIES - *Crataegus monogyna* KEYNOTE: FRUITION

Fruition, receiving the fruits of your labours; receiving your heart's desire; letting go of suffering and lack; finding your heart's home; coming into your own, your inheritance, your spiritual legacy.

Affirmation: *My efforts are coming to fruition*

HAWTHORN BLOSSOM - *Crataegus monogyna* KEYNOTE: GIFTS AND BLESSINGS

For truly accepting and being at one with your life as it is; counting your gifts and blessings; ceasing to yearn and hanker for what is not or what might have been; settling into the everyday and working with the richness of What Is.

Affirmation: *I gratefully accept the gifts in my life*

HERB PARIS – *Paris quadrifolia* KEYNOTE: STRUCTURAL INTEGRITY

Establishing balance, cohesion and structural integrity in the physical body; awareness of functions, systems and structures of your being and of your life; harnessing and working with the patterns and systems that support you internally and externally.

Affirmation: *The foundations of my health are strong*

LADY'S SLIPPER ORCHID – *Cypripedium calceolus* KEYNOTE: HEALTHY VITALITY

Living from the knowledge that you can heal; reconnecting with your healing potential. True vitality. Understanding what healing means for you. Overcoming obstacles and dissolving boundaries to healing.

Affirmation: *I harness my healing vitality*

LINDEN BLOSSOM – *Tree Blossom Essence* KEYNOTE: JOYFUL HEART

Helps to uplift and lighten the heart; joyful heart; spontaneity; balancing and harmonising work and play with lightness and creativity; tenderness and healing where the heart is burdened, weighty and serious.

Affirmation: *My heart is light and peaceful*

LUNAR STANDSTILL – *Flower/Astrological Essence* KEYNOTE: EMBRACING CHANGE

Helps you connect deeply with the cyclical nature of life; to stay fluid, soft, and responsive during change; catalyst for times when you are stuck or resist change; letting the movement of change course through you, bringing energy, creativity and confidence.

Affirmation: *I move and flow with change*

MARSH HELLEBORINE – *Epipactis palustris* KEYNOTE: MOVING OUT INTO THE WORLD

Moving out into the world with confidence and ease; especially after periods of retreat or introversion. Finding your way in the world; taking your teaching/knowledge/gifts out to others.

Affirmation: *I am moving out into the world*

MARSH MARIGOLD – *Caltha palustris* KEYNOTE: MENTAL AND PHYSICAL BALANCE

Learning to balance excessive mental energy with the needs of the physical body; coming from a place within where each is given equal voice. Keen mental acuity and brightness. Where excessive mental activity (worry, study, over-thinking, over-rationalising) leads to patterns of physical ill-health and exhaustion.

Affirmation: *I am balanced and clear in mind and body*

MOONLIGHT – *Environmental Essence* KEYNOTE: COSMIC HARMONY

Silky, harmonious, smooth energies between people who normally feel conflicted and edgy; dissolving drama; clarifying perception so that action is responsive rather than reactive; moving beyond turbulence and strife in everyday relationships.

Affirmation: *I see beyond drama to truth*

MOONWORT – *Botrychium lunaria* KEYNOTE: THE UNCONSCIOUS

Understanding how Life, your body, your unconscious, all communicate with you; gaining clarity around symbolism, dreams, imagery, symptoms, synchronicity and deeper layers of meaning and significance in Life. Becoming more aware of rich inner sources of illumination and guidance within and without; accessing the dream state when awake; seeing life through shamanic eyes.

Affirmation: *I heed the teachings of my unconscious*

NORTHERN MARSH ORCHID – *Dactylorhiza purpurella* KEYNOTE:

Emboldening and empowering; meeting strong outer energies with inner strength; steadfastness and belief in one's values; reaching your goals when faced with distraction, opposition or sabotage.

Affirmation: *I am bold and strong*

ONE-FLOWERED WINTERGREEN – *Moneses uniflora* KEYNOTE: GOOD IN ALL THINGS

Ability to see that you are part of a Benevolent Universe; opening to and deeply accepting the good in all things; moving beyond narrow-mindedness, prejudice and judgment to an acceptance and trust of What Is; willingness to receive the goodness and benevolence of the Universe fully and extend this to others through your thoughts, words and actions.

Affirmation: *I see the good in all things*

PALE FLAX – *Linum bienne* KEYNOTE: GRACE AND DELICACY

Light-spirited, buoyant and at one with oneself in the face of challenges; harnessing an inner sense of quiet resilience; finding a way through when feeling delicate, frail or overwhelmed; taking the quiet path in stressful situations; finding gentle and nurturing solutions.

Affirmation: *In my vulnerability I am strong*

PINK PURSLANE – *Claytonia sibirica* KEYNOTE: PHYSICAL INTIMACY

Opening to your sexual and sensual nature at deeper levels. Long-term physical communion with your loved one. Feeling safe in your sexuality. Expressing your love with pleasure and playfulness. Tenderness of touch and physical contact with all those you nurture and care for.

Affirmation: *I enjoy and express my sensuality*

PRIMROSE – *Primula vulgaris* KEYNOTE: GOOD LOVE

Loving with all the boundlessness of your being whilst accepting the boundaries; appropriate love; moving out of inappropriate expressions of love—intrusion, imposition, rejection, neglect, etc.; finding within the reality of a given relationship ample room to love well.

Affirmation: *I have clear, appropriate boundaries*

PYRAMID ORCHID – *Anacamptis pyramidalis* KEYNOTE: HAVING FAITH

Connecting with the angelic realms; feeling upheld and supported by celestial love; empowered to do and be the greatness of All You Are; letting Divine Love in; taking responsibility for your own life at a spiritual level; co-creating in service with the Divine.

Affirmation: *I commit to being all that I can be*

RING OF BRODGAR – *Environmental essence* KEYNOTE: SACRED CEREMONY

Focus; charge point of spiritual intent; cohesion; stillness within, especially during times of deep transformation/rites of passage; awareness of the support of Spirit, earth and humanity; feeling these coming together in wild and sacred energy; sacred ceremonies.

Affirmation: *I celebrate the sacredness of Life*

RUBY-IN-THE-STORM – *Gem/Environmental essence* KEYNOTE: STRENGTH OF HEART

Staying firmly grounded in your heart during times of cataclysmic change; going with the dynamic winds of change, even when these seem shattering; releasing yourself to movement whilst staying absolutely centered in your heart; charting your path of heart through the storm.

Affirmation: *My heart is strong and steady*

SANICLE – *Sanicula europaeas* KEYNOTE: CELESTIAL HELP

Communing with nature spirits, devas, fairies and angels. Walking the path of the fey safely. Reaching for and receiving support and communication from other worlds.

Affirmation: *I receive celestial guidance and support*

SCOTS PINE COMBINATION – *Pinus sylvestris* KEYNOTE: SETTLING IN

Deeply settling in to your body and your life; sense of 'coming home' to your knowing; recovering inner direction and clarity; feeling strongly rooted, steadfast and secure; strengthening the auric field.

Affirmation: *I stand strong and centered*

SCOTS PRIMROSE – *Primula scotica* KEYNOTE: JEWEL OF THE HEART

The 'heart support' essence; restores exquisite connection to and within your heart; connection to your heart's deepest potential; nurtures a jewel-like resonant energy in your heart – with life, with yourself and with others; enables you to explore the heart's deeper treasures intimately.

Affirmation: *I abide in my loving heart*

SELF HEAL – *Prunella vulgaris* KEYNOTE: SELF-NURTURE

Awareness of your healing needs; self-nurture and self-care; understanding the language of your body and its symptoms. Trusting your body's healing wisdom. Turning energies of self-destruction back towards healing; letting go of habits which lead to ill-health.

Affirmation: *I lovingly care for myself*

SERENITY – *Environmental essence* KEYNOTE: MINDFULNESS

Provides an inner bridge as you move 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.

Affirmation: *I awaken to new levels of consciousness*

SILVER BIRCH 'FIRE' – *Betula pendula* KEYNOTE: HARNESSING FIRE

Learning to master your fire; letting it flow without burnout or overwhelm; walking in the realms of anger and passion without going into reaction; feeling your way through to gifts of insight, inner power and self-awareness.

Affirmation: *I harness my passion for peace*

SPRING SQUILL–*Scilla verna* KEYNOTE: CHILDHOOD INNOCENCE

For clarifying, restoring and protecting childhood innocence and truth; brings insight and support to trauma, bad dreams, painful experiences, in adults and children; encourages you to align with and embody the spirit of your childhood dreams.

Affirmation: *I embrace child-like innocence and joy*

THRIFT—*Armeria maritime* KEYNOTE: SAFE AND SOUND

Feeling 'safe and sound'. Receiving tenderness, nurture and caring as an infant and child; tenderness and love for the 'inner child'. Knowing one is safe and beloved as an adult; feeling part of a loving community. Protected and cherished.

Affirmation: *I am safe and sound*

THYME-LEAF MOSS—*Rhizonmium punctatum* KEYNOTE: REGENERATE

Regeneration through body-consciousness. Aware of your needs and following up on these. Becoming comfortable with being grounded, well, strong and embodied. Regenerative connection with your body.

Affirmation: *My life is regenerating*

TRUTH ESSENCE—*Tree/environmental essence* KEYNOTE: EMBRACING TRUTH

Being fully authentic and truthful; speaking your truth and following this through in your actions; facing the truth in yourself and your life; connecting with the inner strength to be fully real.

Affirmation: *I stand in the power of my Truth*

TWINFLOWER—*Linnaea borealis* KEYNOTE: SENSING NEEDS

Harmony of understanding in close or one-to-one relationships; heartfelt communication; sensing flow between each other; accurately, sensitively reading 'between the lines' through subtle signs, intuition, deep listening; balancing of Yin and Yang in close communication and relationships.

Affirmation: *My beloved is my mirror*

VENUS ESSENCE—*Flower/astrological essence* KEYNOTE: DIVINE FEMININE

Opening to the energy of the Divine Female; exploring and knowing the energies of goddess, fertility, intuition, birth, destruction within; initiation into the inner magic and mystery of the Feminine.

Affirmation: *I open to the Divine feminine*

VERNAL EQUINOX—*Environmental essence* KEYNOTE: SACRAL BALANCE

Awakening sacral energy; restoring and regenerating flow in the sacral chakra. Cleansing and clearing the sacral chakra of blocks to flow - especially in the areas of sexuality, intimacy, creativity and abundance; ensuring that all these are aligned with each other and with one's deeper values.

Affirmation: *I embrace and flow with my sexual energy*

VIPER'S BUGLOSS—*Echium vulgare* KEYNOTE: SACRED DISCOURSE

Knowing the true weight of words and their potential for harm or healing; releasing the need to criticise, judge, blame, condemn; coming to a place of care and creativity with one's language; learning one's own sacred discourse.

Affirmation: *My words are my sacred discourse*

WASP ORCHID—*Ophrys apifera* KEYNOTE: REFINED AND CLEAR

Attaining a level of mastery in your work/life/spirituality to pass on to others; coming out of hiding to perfect, show and share your skill; discipline and dedication; becoming the best you can be; refined and honed; passing on your skills to the next generation.

Affirmation: *I am reaching new levels of mastery*

WATER MINT—*Mentha aquatic* KEYNOTE: TRUST AND EASE

Releasing tension from your heart and mind; relaxing the knots of fear in your body and being. Surrendering to Divine care; allowing yourself to receive love and lightness; trust in your own loving nature.

Affirmation: *I rest, relax and trust*

WHITE BLUEBELL—*Hyacinthoides non-scriptus* KEYNOTE: PURIFYING LOVE

Purifying your ability to love at a higher level. Embodying spiritual love within human relationships. Lifting and refining your love at a very conscious level; expanding this to take in more of creation. Purifying relationships which feel heavy, distorted or tainted.

Affirmation: *I am Love purified by Spirit*

YELLOW WORT—*Blackstonia perfoliata* KEYNOTE: CLEAR THINKING

Moving out of negative cyclical thought-patterns and experiences; becoming impervious to their pull. Gaining awareness of how lower and higher levels of consciousness feel; learning to recognise these and shift where needed. Moving out of the loop of negative experiences that comes from negative thinking. Lightness and ease in the mental realm.

Affirmation: *My mind is free of negative thoughts*

EGYPTIAN ESSENCES

FLAME TREE—*Erythrina sykesii* KEYNOTE: ROOTED VITALITY

For deep grounding and connection through the root chakra. Restoring and revitalising the energy bodies and recovering active potency throughout the system

Affirmation: *I am deeply rooted and alive*

LANTANA—*Lantana camara* KEYNOTE: SACRAL DANCE

For restoring an energetic, dancing connection with our lower chakras, especially the Sacral Chakra. To shake off regimented, learnt patterns that are linear and restrictive, and to restore fluidity, spontaneity and expressiveness

Affirmation: *I dance through life with joy*

PINK FRANGIPANI—*Plumeria rubra* KEYNOTE: HEART FULL OF LOVE

For receiving fully the love that is available for us - from ourselves, from others and from the universe. Receiving and radiating love

Affirmation: *I receive only love*

SILK TREE—*Albizia julibrissin* KEYNOTE: TENDER HEART

Sensitivity and awareness of others; feeling through the heart. Letting go of hurt feelings from taking criticism or rejection too hard

Affirmation: *My heart holds no hurt*

WHITE FRANGIPANI—*Plumeria rubra* KEYNOTE: CROWN OF CONFIDENCE

Connected to Spirit through the crown chakra; quiet confidence and inner calm. Cleansing and clearing of the crown Chakra through to the solar plexus. Guided and inspired by Spirit/the Divine

Affirmation: *I am confident and clear*

see over for Combinations

COMBINATION ESSENCES

ANGELIC PRESENCE KEYNOTE: CELESTIAL SUPPORT

Connect with your own angelic nature - your innocence, purity and compassion – and with this in others. Attuning to your most refined energy level. Living as a spiritual being, with full awareness and responsibility. Radiating divine energy.

Affirmation: *I am a spiritual being*

BOUNTIFUL LIFE KEYNOTE: JOYFUL PROSPERITY

Receiving fully from life. Connecting with your inner abundance and power without needing to grasp or demand anything from the universe. Aligning your life with your higher purpose so that all good flows to you.

Affirmation: *I am aligned with the flow*

HEALER'S LIGHT KEYNOTE: WISDOM AND HEALING

For connecting deeply with your healing needs and inner vitality; learning to work with your life-force energy intuitively and effectively for your wellbeing. Regaining health through inner listening. Assists in getting the best from your healer/medicines/therapist. Assists practitioners in channelling true healing energy during consultations.

Affirmation: *I nurture my health and wellbeing*

HEART BALM KEYNOTE: LOVE AND TENDERNESS

Brings together essences for the heart chakra to soothe and tend the heart. Supports the inner radiance of the heart. For helping to heal old hurts and for staying open-hearted in personal relationships. Clarifies the heart of things.

Affirmation: *My heart is radiant and healthy*

LIGHT SUPPORT KEYNOTE: INNER LIGHT AND STRENGTH

To nurture your connection with your inner light and strength, especially during dark and difficult times. For dispelling negative energies, energies of shock and trauma, etc. For staying deeply connected to your own inner voice and guidance. Shining your light.

Affirmation: *I shine my light*

PERSONAL SPACE KEYNOTE: SAFE AND PROTECTED

Safe and protected; good boundaries. Creating sacred space in your own energy field and your home, in which you can peacefully and harmoniously thrive. Clear sense of where self and other begins. Relaxing defensiveness.

Affirmation: *I am safe and protected*

SENSUAL ESSENCE KEYNOTE: LOVING AND SENSUAL

Tender connection with/expression of your sensuality, from your heart. Loving acceptance of your own physicality. Joy in your physical, sensing nature. Opening all the senses to take in, read and taste life.

Affirmation: *I am sensual and aware*

SOUL FULL ESSENCE KEYNOTE: INTEGRATED AND WHOLE

Retrieving lost parts of your soul and coming home to yourself. For feeling 'safe and sound'; reconnecting with the wholeness of who you are, integrated and at one. Singing the Self back together. Finding a soul-full connection with yourself and your life.

Affirmation: *My soul is whole and happy*

ANIMAL SUPPORT KEYNOTE: SUPPORT AND BALANCE

Supports a mutually loving bond between you and your animal. Helps animals feel at home in their environment and with each other. Settling down and settling in. Recovering from upset and upheaval.

Affirmation: *My animal is happy and at ease*