

Essence

Summer 2019

*The Power
of the Elements*

Dragon Magic

Aodaoin Hathaway

Creating a Home and Vehicle Harmoniser

David Bland

The Seven Rays

Debbie Sellwood

The Amazing Power of Water

Helen Ward

Iceland: The Transformative Power of an Incredible Landscape

Sue Lilly

Quarterly Magazine of the British Flower and Vibrational Essences Association

*Raising Awareness of the Use of Essences in the UK and Overseas
Setting the Benchmark for Essence Therapy*

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Above image is for the essence Tidal Forces - see article on page 32.

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Opinions expressed in this magazine are not necessarily that of or the Editor or the BFVEA



Welcome to our Summer Edition

AS essence therapists we are always working hand in hand with the inherent power of the elements of nature. **Fire, Earth, Air and Water** surround us in various forms and yet are also part of us, working within our physical bodies and also laid out for all to see in our personal astrological charts. The innovative planet Uranus is now in Taurus, and as this zodiac sign focuses on our manipulation of all types of physical matter, it suggests that our ability to control the elements of our world will soon undergo significant change. When Uranus was last in Taurus, in the 1930's, scientists split the atom and began to harness nuclear energy, so it is exciting to think what breakthroughs we might have this time round!

We thought it would be interesting to explore the 'power of the elements' more deeply, and hopefully make it a running theme over several editions of the magazine. We have a focus on water this time, with an article I channelled about its intrinsic nature, something that is so vital to us all. We then explore Sue Lilly's Icelandic essences – a place of elemental power indeed! And we thought we would continue the water theme by showcasing certain environmental essences you may not have come across before.

Yet we also have the power of dragons and also rays of light to share with you! We hope you enjoy all these different explorations of our natural, multi-dimensional world, and it would be great to hear from you if you have something to contribute about your own connection to the elemental powers. Please get in touch!

Helen editorialteam@bfvea.com

To submit an article or advert, contact us on the email above. Author's guidelines can be found at <http://www.bfvea.com/resources/authorsguidelines.pdf>

Copy date for our next issue is 02/09/19



Happy New BFVEA Year!

We would like to welcome back our renewing members and say hello to those who are new to our extended family, throughout the UK and around the world.

International Essence Awareness Week: 14th – 21st September 2019

Would you like to get involved? With local co-ordinators we can aim at creating more events within IEAW week, where we can engage more with the public, or other therapists, and spread the word about essences. If you are interested please get in touch via our Facebook page or chair@bfvea.com

For more information, please check out Ronnie Williams' article on page 29

Apology

In the previous issue we are sorry to say that we omitted the credit needed for the photos in Ronnie Williams' article Mandalas and Mindfulness. Ronnie's lovely images were taken by Rodger Holden, and he owns the copyright to them.

Gathering 2020

Our next Gathering takes place from 13th to 15th March 2020 and is again to be held at the Woodside Conference Centre at Kenilworth, Warwickshire. Keep an eye on our website for updates. The full information and booking form will appear in the autumn edition of ESSENCE, but here are the speakers who have confirmed so far:

Dr Andrew Tressider Bonny Casel Jane Gilbey
Jenny Howarth Nikki Hope Erik Pelham Rafe Nauen
Amy Murphy Watts Sharon Keenan Saskia Majoram
Anne Patterson Sam Cremnitz Lesley Oates

Hope to see you there!



Check out our Facebook pages for the most up to date news...

BFVEA – open to all

Flower Essence Therapists – open to members only



BFVEA NEWS

Presenting our New Members and Friends

Advanced Practitioners

- 🌸 *Larissa Andrioli Thiodoro, London*
- 🌸 *Susannah Mitchell - East Sussex*
- 🌸 *Anna Borgesson - Sweden*
- 🌸 *Hollie Jeans - Dorset*
- 🌸 *Amanda Krawczyk - Cumbria*
- 🌸 *Fiona Hughes - Wiltshire (promoted from Practitioner)*
- 🌸 *Mandie Danks - North Ayrshire (promoted from Practitioner)*
- 🌸 *Kamilla Weightman - Kent (promoted from Practitioner)*
- 🌸 *Gill Barry - Suffolk (returning to the BFVEA)*

Practitioners

- 🌸 *Junko Norman – Dorset*

Friends

- 🌸 *Sabina Pettitt – Pacific Essences, Canada*

Announcement

It is with great sadness that we have to inform you of the passing of **Anna Jeffroy-Salmon**, BFVEA longstanding Member and Tutor, on 10th June 2019. She was known and loved by so many in the world of essences. We will include a tribute article to Anna in the next edition of ESSENCE, so please get in touch if you have some thoughts you would like included.



Dragon Magic

Aodain Hathaway

We were very pleased to welcome BFVEA member and producer Aodain over from Ireland to join us at the Gathering in March, and to give a talk on her work and present her essences. We were all amazed by the power of the dragons when she brought them into the room with us – a very interesting experience indeed!

WHEN WE THINK OF DRAGONS, our minds tend to go to what they've been shown over the years: scaly creatures breathing fire, flying, attacking, hoarding treasure. In fact, these images have little or nothing to do with true dragon energy.

I've been lucky enough to be friends with dragons for my whole life. There were times when I wasn't open about it, or let them be called 'angels' or 'my guides', but these days I wholeheartedly embrace being the Dragon Lady, and letting that facet of my being shine out. I've been asked a lot lately: "**Why are the Dragons back now?**" and truly the answer is that they never really *left*, they just moved more completely into a dimension where many humans cannot perceive them. Dragons hold a particular electro-magnetic energy, and that is why they are often associated with ley-lines and power spots here on Earth. They are drawn to the energy in these places, and their presence then amplifies it, making it more tangible to those who are looking for it, and sometimes even to those who are not.

As many more people are waking up now to the concept that our planet is a living being, and as more and more people choose to live in their magic/light, we may see a different way of treating our Earth, just as we see a different way of connecting with each other. In that new way of being, a person cannot move from within their own light, their own magic, and then cause wilful destruction to another being, whether a family member, a stranger, a four-legged or winged or finned being, or Gaia herself. So that is why I see the Dragons as 'coming back' now. They are here to support all of those people who are ready, willing and able to commit to living their magic and to being their light.

The Power of Dragons

Dragon energy has been misrepresented over the years in popular culture. Dragons appear as greedy, violent, corrupt, hoarding all things of value for themselves. They represent power at its worst. And yet, in fact, all of those representations are projections of the worst of what humans become. **Humans** are the ones who find it so difficult to hold a true frequency of power within themselves, because the very perception of what power is has been skewed for so long on this planet. Power is Love; Divine Source Love is the true Power. And this is the frequency that Dragons actually hold. They hold in their beings a ferocious gentleness, a loving, uplifting frequency of true freedom and of unlimited love.

Over the last twenty to thirty years we've seen an enormous shift in perception in the human world. There are openings that have not been available before, because we are in a new cycle of energy. And it is possible now to hold our light within our physical bodies and to **be** our magic in ways that have never been possible before. The Dragons can be a huge support with that, because although we know consciously what is possible, although we may have a deep understanding of what needs to change, we are often not given the support needed in the 'outside' world, a world which is in absolute chaos right now. This chaos is necessary and natural, given that this is a time of transition, but it can make it challenging to feel secure enough to be different, to **be** light, to **be** magic. These are things which have not been safe to embody on this planet for a very long time, and our bodies remember this. However, our bodies also know that they were designed to hold our light and our magic. We just forgot that along the way. So, as we begin to remember, we find ourselves with companions along the path. Some will have human bodies, some fur, some wings ... and some will exist in other dimensions but be equally present.

Dragons and Essences

As we have physical bodies, sometimes we need physical energy tools to support us – tools that can be felt, heard, seen, and tasted by the physical body even as they work on many other energetic levels within us. My own work with the Dragons has come to incorporate both Dragon energy healing and vibrational essences, in a very natural flow from my own interests. In theory it was not such a huge step to go from communicating with a plant to an elemental to a Dragon in order to co-create an essence, although initially these essences I kept for private use only. In retrospect I find it funny to see

that each of the sacred sites where I co-created my first collection of essences also had a large Dragon inhabitant, but because I am so accustomed to seeing them, the significance of that totally passed me by until quite recently!

It was not until I had tested the waters a little with the Elementals Collection, a group of essences co-created with the elementals of the land here in Ireland, that I found myself beginning the Dragon Bright Collection. I had reached a point of real discouragement, I imagine the point that many of us who are beginning to embody our magic go through, where I felt I had been trying and trying but that nothing was quite working out, my business was more of an expensive hobby and I doubted everything that I was and had planned. I turned again to the Dragons, who had been there for me so many times before, and asked for support. They pointed out, quite reasonably, that although I was saying (very, very quietly) that I was working with them, I wasn't really committing to it. I wasn't stepping into my own power, my own magic, I was dipping in and out of it. Naturally, I protested. But, of course, they were right.



And so, with the support of the Earth Dragons, the first essence *Dragon Gold* came into being. This essence supports financial abundance through creating/doing/being what we love. This essence is an excellent reminder of what it is to create magic in our lives, and to do that, we have to embody it, 'earth' it first. Then all that magic can flow out there!

Dragon Gold changed my life. It was the first real leap of trust for me, and it is an essence that I turn to again and again as life up-levels and new unseen self-limitations pop into my awareness for clearing. From that essence's beginning came the courage to be the Dragon Lady, a journey that is ongoing and evolving, as I deepen into the energy of the Dragon Realm and embody more and more of that frequency in my own body. Other essences in the Dragon Bright Collection have followed: *Dragon Peace*, *Dragon Guardian*, *Dragon Heart* among them, and the most recent, *Dragon Wellbeing*, as well as many bespoke essences for many people, essences that are co-created with a particular Dragon for a particular person, and with a specific message of love and support brought through. These are some of my favourite hours in the day, along with the energy consultations, where I spend time between the worlds, both Dragon and Human, and see the magic and light in both.

Vibrational essences are a wonderful way for people who might be hesitant about Dragon energy to connect with that world initially. As people become more familiar with essences they are getting more widely accepted and digested, and they are providing an opening into the world of the Dragons for those who might otherwise be a little apprehensive, especially as those old images of Dragons still linger and can be intimidating for some. The bespoke essences have also created a beautiful bond for some people with the Dragon who created the essence for them. And in some cases, people who have spent a while taking the essences will come to work with me in a different way – via a one-to-one Dragon healing session, or by downloading a Dragon energy transmission. All of these are the ways in which the Dragons remind us that it is possible to be sovereign, to be our light, to embody that light safely and happily and shine it out into the world.

A few years ago, when I was just being brave enough to think about starting my own business and what it would be called, '*Dances With Dragons*' was the name that kept coming in. A supportive friend insisted I needed something more, to explain 'what it is'. However, all the Dragons kept giving me as a tagline was ***Be the Magic You Came Here to Be***. She said it still didn't explain it. But I felt it did, and I've stuck with it. Dragons are 'back' to support those

of us who ask for their help. They are here to support Gaia in her transition. They are here for the magic. And for each one of us who wakes up each day determined to shine as fiercely and as brightly as possible.

May you be blessed with the Grace of the Dragons on your journey, may you shine your magic, may you **be** your magic. And may you be loved every single step of the way.

Aodaoin

Aodaoin Hathaway is the human face of Dances With Dragons, a Dragon Lady who follows the ancient path of the mystic and happily flies with her Dragon friends when she can, and lives in Co. Limerick, Ireland the rest of the time with her family. She is the co-creator of the high-frequency Dragon Bright and Elementals vibrational essences, facilitates Dragon energy healings, readings, and transmissions, and teaches workshops.

www.danceswithdragons.com

'Essence in the making in one of my favourite spots.'





Creating a Home and Vehicle Harmoniser

David Bland

FOR QUITE A WHILE I had had an oppressive feeling in my home, and I realised that this lifted when out in the open air. Eventually I deduced that the sense of oppression was due to electromagnetic frequencies. So in 2005 I began working on what was to become my home and vehicle harmoniser (HVH), with the aim of bringing nature's energy into our everyday lives in order to provide relief and promote general well-being.

My initial instinct was to work with the power of light. So my first attempt at the HVH was using seven 10ml bottles, each covered with a different-coloured cellophane filter, one for each for colour of the Sun's rainbow spectrum. This allowed each to be transmitted into a good quality oil. The bottles were placed in an array to match the Sun's spectrum across the surface of a pine base 4" in depth, so that energy could 'flow' naturally. The end result worked to some degree in eliminating electromagnetic frequencies (EMFs) in the home, emitting energy through the bottles into the surrounding space of my home. This first attempt gave me the inspiration to try improving its function. Experimenting further I created the product using 5ml, 25ml and 30ml bottles, but through dowsing with all these I found that the 10ml bottle was indeed the most effective version. I used dowsing all throughout the process to see just how much my developing HVH was influencing the environment, turning a negative effect into an increasingly positive one.

In 2009 I discovered the special quality that spring water has, in that it holds the seven primary colour rays which comes about as the spring water filters through green pastures and rolling hills influenced by the sun. In contrast, mineral water filters through rock, never having seen the light of day. The bottled water companies do not appear to know the difference between spring and mineral water. It is my opinion that the plastic in the bottle will not leach into spring water, whereas with mineral water it does. In 2009 I also began to create flower essences, and in doing this I used only spring water with no preservative. I did try using alcohol and then grapefruit extract, though found that some of the healing quality was lost. The essences made in that year are still fresh today.

Once I had learnt that spring water holds the light rays of colour, this replaced



oil as the basis of my Home and Vehicle Harmoniser. I also now began to add flower essences that I had created in my local area, sometimes singly and at other times in combinations. Eventually in 2017 one essence stood out from all the others I had used, which was *Great Lettuce (Lactuca virosa)*. This essence was negating EMFs far more than in previous attempts, in relation to the effect of my TV, mobile phone, microwave oven, hi-fi and computer. My desire to improve the HVH continued even further and, in 2018, I added a second essence, made from the blossoms of *Aloe Vera*. The EMFs were now eliminated at a much higher level.

I began dowsing to see if the HVH could be used as a therapeutic tool, and not just for radiation protection. My pendulum indicated that no matter how serious the issue, HVH might re-ignite a weakened chakra energy system. It also indicated that the HVH could perhaps negate the geopathic stress caused by mobile phone masts, tetra masts, underground streams, black lay lines and other negative energies. Professional research has revealed that approximately 9000 lives are lost each year from indoor air pollution. My dowsing suggests that the HVH might reduce the amount of chemicals from the home coming from your carpets, furniture, paint work and cleaning products Also that it possibly eliminates parabens used as a preservative in painkillers. It also appears to clean any vegetables purchased in supermarkets from pesticide residues, cleanse a jug of tap water in five minutes and detoxify the human body of heavy metals and chemicals over a period of approximately one month. Its use in vehicles is still ongoing, but initial tests indicate that it may

well reduce the amount of particulate pollution produced. However as for all things of this sort, extensive testing is necessary.

I think my HVH is now as near perfect as it can be and I am happy with the end product. It holds Mother Earth spirit energy which I call Universal Energy, and will always vibrate above negative energies. Obviously, the HVH needs further use and experimentation, and so I am very happy to send out a few bottles if anyone based in the UK would like to try it. Please get in touch via the email below.

I hope that the result helps to harmonise you and your home.

David

David Bland is a Friend of the BFVEA can be contacted on david614000@gmail.com





The Seven Rays

Debbie Sellwood

*In presenting this article on **The Seven Rays** (an interest of mine for many years), I hope to convey just a small snapshot of what is a vast and complex subject, yet a fascinating one.*

According to ancient tradition there are seven bands of light energy which enter our solar system from cosmic sources and pervade and energise our planet and all forms of life on it. These are a particular force or type of energy that govern all of creation and condition every life form; there is nothing in the solar system that is not influenced by one of these Rays.

These Rays have appeared in several religions and esoteric philosophies since 6BC; the first direct teachings of them, (a theosophical concept) originated from Madam Blavatsky in the late 1800's and were further expanded upon by Alice Bailey through her channelling of Djwal Khul and prolific writing of books between 1919-1949.¹

A Description of the Rays

There are various aspects to each Ray, such as a different vibration, quality and colour representation. We comprise many expressions of the Seven Rays in our total make-up and are influenced at several levels of our being by these different Rays. It is through the chakras that the Rays affect us, influencing our



emotions, personality, behaviour, well-being and the type of experiences and situations we encounter in life. We experience each Ray according to our level of spiritual growth; this accounts for individuals displaying different aspects of Ray characteristics in their expression, from the highest to the lowest degree. They also provide us with a deeper understanding of our soul's purpose on Earth and insight into the work we have come to do.

It is impossible in this short article to provide details of each Ray, but their titles which follow give a brief indication of their nature.

First Ray – the energy of Will and Purpose (red)

Second Ray – the energy of Love Wisdom (blue)

Third Ray – the energy of Active Intelligence (yellow)

Fourth Ray – the energy of Harmony through Conflict (green)

Fifth Ray – the energy of Concrete Knowledge or Science (orange)

Sixth Ray – the energy of Devotion or Idealism (indigo)

Seventh Ray – the energy of Ceremonial Order (violet)

The Influence of the Rays

Rays influence us both individually and collectively; however, in this article I am concentrating mainly on their effect at a collective level. The Second Ray of Love Wisdom is the major Ray influencing our entire solar system, and it is not a surprise that we are learning to open our hearts and attune ourselves to this vibration. This Ray is often prominent in healers and light workers.

Bailey writes that the kingdoms such as the mineral, vegetable (in other words plants, flowers and trees), animal and human realms are all governed by certain Rays. Of particular interest to me as a lover of nature is that the vegetable kingdom is considered to be at an advanced stage in its evolution because it is ruled by three of the Rays (2,4 and 6) rather than two as for the other kingdoms. A description of why this is so is not feasible here, but suffice to say the influence of the Rays brings about the colour, perfume, appearance, attractiveness, type, strength, and size etc. of the vegetation.

The Sixth Ray

The Rays move and circulate constantly, continually passing in and out of manifestation, and influencing the evolution of humanity for periods of

time. It is believed the Sixth Ray has been in circulation since long before the Christian era began, and its energies have dominated and conditioned humanity for much of the last two thousand years.

One of the basic functions of this Ray is to make humanity sensitive to the spiritual reality lying beyond our Earth-bound focus. Associated with love, intuition and reverence, this Ray's energy is very pure, sacred and tender. At its highest vibration it brings acceptance and unity with the Creator and inspires an individual to understand the spiritual principles which underlie all of existence.

The characteristics of the Sixth Ray can be typified by a one-pointed devotion and single-mindedness which is often attached to some sort of ideal, but when the lower side of this Ray displays it can be negatively based as passionate idealism, resulting in intolerance, hasty conclusions, a fiery jealousy, hatred and anger. Ideals can be expressed in an ego-based fashion, with blind devotion, misguided loyalty and with an insistence to strongly impose personal beliefs on others. In some cases, sixth-ray individuals give their power away by devoting themselves blindly to a master, guru, cult or group, some of which breeds on fear and corrupt spiritual pretext. This ray instils courage to fight for one's beliefs and a firm adherence and loyalty to one's principles; however, it can also result in misplaced idealism and a tendency to self-deception and this can then lead to fanaticism and fundamentalism which can incite acts of self-sacrifice and martyrdom.

The Sixth Ray governs religion, so individuals strongly influenced by this Ray are likely to hold very intense personal feelings and be full of religious fervour. Over the last 2000 plus years, it is not hard to see just how the negative expressions of this Ray have played out throughout religious and church history. It is said that many religious wars and crusades that have taken place over this time originate from Sixth Ray fanaticism, bigotry, persecution and prejudice. Many people have been killed throughout the ages due to narrow minded religious ideologies purporting that 'my religion is the only one' or 'my religion is the only way to God'. Readers familiar with the Progression of the Equinoxes will recognise similarities with the Age of Pisces.

The Seventh Ray

However, the Sixth Ray influence is diminishing as the Seventh Ray, known as the 'Awakener', is bringing a new vibration to our planet. Its function is to organise the world according to a set of spiritual principles; to ground spirituality on Earth. Eventually we will understand that there is only

spiritual substance, working on and producing outer tangible forms; all that is below is patterned on that which is above.

An obvious manifestation of this new vibration is the spiritual movement prevailing in today's society. One realisation is that humans and the planet are sacred, and our realisations in recent years have resulted in greater attendance to personal health and fitness and attention to environmental concerns. Often called the Ray of Ceremonial Order and Magic, the highest expression of this Ray is the magician, the trained worker who can bring that above down to Earth, often called the art of creative manifestation. This Ray, known to bring order out of chaos, will supply the inner discipline, focus and concentration required in order to influence each of us to own his/her own power and create with divine intention, structures and systems within one's self and in society.

It also promotes the awareness that the Soul controls the personality and has the potential to bring about a unique attainment for a human being as an integrated personality, where mind, emotions and physical being function as a unit with the Soul. It is said that in the future the practise of psychology and healing (in all its various aspects) will include knowledge of the Soul. This puts me in mind of Dr Bach who believed that essences put us in touch with our higher selves. I am reminded of his quotes: "***Disease is, in essence, the result of conflict between soul and mind, and will never be eradicated except by spiritual and mental effort***"² and "***When the soul and personality are in harmony, all is joy and peace, happiness and health.***"³

The Seventh Ray rules the etheric body, an acceptance of which will come more into prominence in future years. As we know, it mirrors the physical body and ultimately (along with other subtle bodies and chakras) influences the physical according to the state of our emotions and thinking. Considering both these factors (soul and etheric), I believe this bodes well in the future for a better understanding within the medical establishment as to what constitutes the basis of our well-being and ultimately the credibility of flower essence therapy and how essences work within the subtle anatomy. A further point of interest is that the Seventh Ray rules the mineral kingdom, so it is not surprising that over the last forty years or so our awareness of the qualities of crystals and gems and their healing properties has increased.

The Current Situation

According to Alice Bailey, the Sixth Ray started withdrawing in 1625 and it will be replaced by the Seventh Ray of Ceremonial Order which has been

building in power since 1675. As this Ray grows in influence, it is thought to coincide with what is presumed to be the start of the Aquarian age. This Ray holds the qualities of how we will eventually exist on Earth, or as Alice Bailey referred to it about a hundred years ago in her books, as 'The New Age'.

With these two Rays overlapping, this creates a situation where two powerful energies are vying for expression at the same time. A turbulent period in history ensues when one Ray is decreasing in energy and the other increasing in strength, as we are between two realities and neither is firmly anchored on Earth. Whilst these energies are in flux, the world can be divided politically, economically, religiously and socially. A sense of duality marked the Sixth Ray period as its tendency was to divide and separate, whether people, nations, races or religions. In contrast, the Seventh Ray will unite, and will be based on transparency, cooperation and community. Although we may be in the midst of a very challenging time worldwide, the Seventh Ray is poised to take civilisation in an entirely different direction.

Debbie

For more information about the rays, please read Debbie's Kindred Spirit article on the subject which can be found via this link to her website:

<http://www.debbiesellwood.com/articles-on-esoteric-topics.html>

Debbie is a BFVEA advanced practitioner, professional Astrologer and author of 'Centaury for Virgo, Rock Rose for Pisces', a guide to selecting essences by astrological sign. She is passionate about helping clients understand themselves, especially in a spiritual sense, so they can realize their potential and uncover their Soul purpose. Debbie is a student of ancient wisdom teachings and writes and talks on these subjects (and Astrology and Flower Essences) helping others to understand their spiritual path.

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- [1] Bailey,A. (1995) *The Seven Rays of Life* Lucis Press Ltd
- [2] Barnard,J. (Ed) (1998) *Collected Writings of Edward Bach* London: Ashgrove Press, p.126
- [3] Barnard,J. (Ed) (1998) *Collected Writings of Edward Bach* London: Ashgrove Press, p.128



The Amazing Power of Water

Helen Ward

Through my work with essences I have come to understand the amazing power of water. However, I don't mean its power to shape the landscape or its ability to sustain life. Instead, I speak of its quiet, hidden nature. Water touches us, water flows over us; it encircles the Earth in never-ending currents. And, as it does so, it gently communicates all it knows.

Water absorbs energies and shares information. It speaks to us. It tells us the truth. In its liquid physical state its molecules are in constant motion: attaching, then separating and re-attaching as they move past each other. But everything has a life beyond the physical, beyond the measurable and quantifiable. And on this other level water molecules are always connected and are thus in constant communication. Imagine them as the many spokes of a wheel, all radiating out from a hub – a single, simple focus. But this is not a physical form; instead, it is an alignment of awareness.

The centre of this alignment may be considered a sacred space, a hollow around which the molecules gather, a place of stillness and also continuity. Standing water is known for its serenity, for its ability to bring peace to those who experience it. But all water, whether still or flowing, has serenity built into it, at its core. It is a particular structure that enables water to become a vessel, a holding place, for something else entirely.

Water has a strong ability to cling to other substances. But, in its central space, it has the ability to adhere to the inner dimension of all that it touches. When flowers are floated on water there is little to no absorption of their physical components. However, the inner space within the water immediately prepares to adapt its shape to a distinctive signature within the blossom – that of its highest purpose on Earth. All flowers bloom to present their glorious life-form to the world, to add to the dimension of colour and the wonderful truth that is life. We can all sense and respond to this. But water can accept the individual message of purpose, hold it, and then communicate it, with great ease.

When receiving the essence of a flower, say, the inner dimension of the water is completely filled with light. This is the light of its Spirit, which is the animating force of Creation running through the flower. Imagine it this way: picture the flower in its physical form, bright and colourful and appealing, set



against a clear blue sky. Now let the image change, so that your view is filled entirely with a vivid and flowing, brilliant gold. Know that you are seeing the sea of Creation, in which all reside. This golden light represents both divine love and divine intelligence. It is the true, flowing cosmic ocean of unity, where All are One. But what of the little flower? See it now blaze against the background, its outline filled with glorious golden shades all its own. For the light of its Spirit is unique. Although it has formed out of the Sea of Creation and knows it is part of the whole, it also knows that it is distinct.



The universe is the sum of all voices within it, each knowing the perfection of All. Everything in nature has a unique voice, and a unique light. There is no distinction at heart; your true voice and your Spirit are one. It is your True Essence. And this distinct identity can be captured and held, lovingly and precisely, in the stillness at the centre of water.

But what of the vast oceans of the Earth? What do they hold? The oceans sing of the glory that is the Earth. Within every single drop of water is held the particular vibration, the particular voice that is the Earth Spirit.

It speaks at this moment of connection and loss; of the beauty of the planet and of human darkness, the darkness that is the separation from the All, the sadness of isolation. The oceans and its inhabitants know all this. They know of the great cosmic ocean of which all are part. The whales, in particular, understand the true essence of our planet and carry the knowledge of its purpose, whilst feeling the flow of the Earth Spirit as it links together all of nature, and all of the planet's inhabitants. Whales know what is real and eternal, and what is only a temporary state and experience. They know of the shifts within human consciousness, for they see that the Earth Spirit glows more intently with these changes, as it radiates and permeates through more of the physical material of the planet, and brings more light into the shadows within human nature.

For the true Earth Spirit is not the shadows, the darkness, the isolation of humanity. This is simply our current experience of it. Earth Spirit is pure light, a delicate crystalline luminosity that shines through every atom of the planet, and our bodies. We are not yet fully aware of it; we dwell in the darkness of disconnection from the truth of our own natures – that of unity with the whole planet, itself part of the vast cosmos. We do not even understand our own individual spirit, as it flows out of Earth Spirit; it, too, is in shadow. But we are being blessed with awakening at this time, blessed with the gifts of the natural world as we open our eyes to them.

And we can awaken particularly to the knowledge of what is held within water. We can understand that within the molecules' sacred space lies the glowing spirit of all they touch. The thoughts and nature of each person affects the water around them. The streams that flow past or beneath your house pick up your true spirit, but also your pain. All is carried along to merge with the whole. But with every cup of water that you drink or offer to another, you have access to what is held there. With a moment's intention, a moment of focus and concentration, you can link to this water and ask it to release what it holds and accept something new. Picture an in-fall of light into this water, the light of your love for the world perhaps, or your love for the person who receives the drink. Realise that every cup or glass or bowl of water will accept what you give it, and pass it on in return.

Water is a vessel, first and foremost. Its inner shape is Spirit, the life of all life, beyond all that you can imagine. There is nothing – no truth, no realisation – that water cannot carry, for it is the shape of truth. And when it is exposed to thought, to intention, to a unique entity in nature, it accepts that unique light as its new truth. Every flower on the Earth holds a gift for humanity, for flowers

express nothing but a facet of divine love and intelligence. So does each thing in nature, whether plants, crystals or animals, the elemental landscapes of the Earth or the cosmic landscape of stars and planets. All live in the light of their perfect existence and their perfect connection to the whole. To make an essence of one of these, to bring the gift of that individual spirit into water, is to allow its light to be propagated with intent and focus throughout all who experience it. To pour an essence into a river, or a sea or an ocean, is to spread a pure message of healing throughout the Earth. Even the healing available in one small flower helps the entire planet to remember its truths, when so much of it is plagued by doubt and isolation. And the healing each of us does for ourselves, we do for the whole.

But imagine if the oceans of the entire planet could be filled completely and absolutely with the sheer, luminous brilliance of the glory of true Earth Spirit. If every stretch of water knew of this, and nothing else, then the planet would change in an instant, from being beautiful yet beleaguered to something much, much more. Its radiance across its entire existence would burst into a new form of life, and we humans would inherit all the benefits that knowledge of our own beauty and connection to the All could bring.

But even when a simple bowl of water is taken and turned into an essence, the sacred space is filled not only with the light of the flower or particular element of nature, but also with the original impulse of creation that led to the Earth's birth. We can call this the Earth Seed. And to take a cup of water and fill it with the intention to help, heal or bless another is to also allow this seed to flourish within the water and within the Being of the person who drinks it. This seed grows within you as the need to understand your own origins, your own reason for existence.

Can more be said of this wondrous gift of healing intention? Just this: let the light held within the water be what you would wish it to be. When you connect with, touch or immerse yourself in the Earth's water, bless it with your love and ask it to remember the perfection of the creation that is the Earth. When you pour water for yourself and others, realise that you are being presented with an opportunity to spread the light and the knowledge that is the perfection of the Spirit within all.

Visualise your own perfect light within it, and drink.

Helen

*Presented by the angelic force working through me, December 2012.
www.guidedessences.com helenfward@aol.com*



Iceland: The Transformative Power of an Incredible Landscape

Sue Lilly

WE FIRST VISITED ICELAND way back in 2006, taking the opportunity of a two-hour flight direct from Exeter, going early in the morning and coming back the same day. We chose to take a tour to include the waterfalls and geysers, as opposed to the mineral pools for bathing. This trip was our first experience of a volcanic, active land and it was amazing. When we stepped out of the coach onto the roadside, far away from Reykjavik, we were aware of scores of small energy beings clustering around our legs – this Land was really alive!

We decided we would go back for a longer stay when finances permitted, but it was not until 2011 that we actually returned. We travelled in early December, so the light was short-lived – with sunrise at 11am and sunset at 2.30pm. We made the most of our daylight time driving to areas that interested us. From the teaching we had been doing in Japan since 2007 we had by then experienced another geologically ‘active’ landscape. But, unlike Japan, Iceland has a very small population, and so it was very easy to leave the world of Man behind and get to know the Earth at her most raw. In 2011 Iceland had recently experienced the eruption of Eyjafjallajokull, and there was speculation that Mount Katla might erupt too. I remember clearly getting a text from my brother who was very anxious about this, fearing we would get caught in an event. The text arrived whilst we were walking on the black ash beach of Vik, just below Mount Katla, so my reply was very vague ...!

It was there and then that we felt guided to make environmental essences from places we were particularly drawn to. This resulted in a set of eight energies that we call *‘The Keys to Transformation’*. We noted that the energies of this island and the attitudes of its people had much to offer in these challenging times. They respect the liminal beings who share their land and give them space. The people have also shown their independence and willingness to stand up for what they felt was right, by distancing themselves from the damaging global economic issues of 2008 and seeking justice from those they believed to be the cause of their nation's financial problems.

The power of this landscape to both create and destroy brings an acceptance of change outside of any personal control. It shows how to find the best in situations that are not of our own choosing and how to deal with constant movement from one state to another.

Being away from home and in situations where direct essences could not be made, we had taken a dozen clear quartz crystals with us for this eventuality, using them to receive most of the energy. On retrieving the various crystals, we also included some of the immediate rock or vegetation to take home with us.

The First Three Keys: Volcano, Waterfall and Icicle

The first of the *Keys of Transformation* was made at Eyjafjallajökull, as of December 2011 the most recent volcano to erupt on Iceland (during the spring of 2010). The resulting ash cloud caused havoc for aviation in many parts of the northern hemisphere and deposited tons of ash onto surrounding land.

Key I really pushes you to understand what experiencing an 'active land' is like, when there is nothing stable beneath your feet! The energy this essence represents, we discovered, is one of semi-dormant power and primal creation, and it focuses on the *overall awareness of one's actions and their impacts*. It is useful for knowing when to act and when to stay still, and for when one needs enthusiasm or impetus to 'pull one's finger out', and to get moving.



Key II was made at the famous Seljalandsfoss waterfall. Although only a drop of sixty metres, it is one of the best-loved and most visited, and it is one where you can walk behind the water. Before cascading down the cliff the water flows through Tröllagil (Troll Gorge) and Tröllagilsmýri (Troll Gorge Marsh). It is an amazing place, and in the fierce cold of December, it was wonderful to find that the public loo was beautifully warm!

Here, ice could be used from the waterfall to make the essence. The advantage in us being there in winter-time was the scarcity of tourists, so we were able to feel the serenity that is the gift of the waterfall, that of letting go into an experience. The energy of the resulting essence is therefore all about flow; it helps one work with change, enabling us to find the beauty in that process of surrender. It can be used to promote change when there are feelings of stagnation, or when dealing with being at a loss as a result of change. ***It helps one find enjoyment in life's journey, not in the final accomplishments.***

Key III was also made at Seljalandsfoss. To the left of the main fall is a beautiful rainbow icicle, the colours formed by impurities from the rock. The main icicle in the formation was very big (a couple of feet in diameter, over six-foot in length) and, of course, we knew it would disappear in the Spring. We used a crystal to hold the energies of the icicle, along with some water from that side of the waterfall. The colours within the icicle were in stark contrast to its wintery-white surroundings.

The energy represented by this rainbow essence is that everything is possible; it promotes a need to pause for reflection, to learn that ***there is beauty within imperfection.*** This is particularly useful when there are doubts, lack of self-worth or value in what has been achieved.

The Next Three Keys: Icelandic Nights, Black Sands and River

Key number IV was made just outside where we were staying. Here we were very far from city lights and air pollution, and we had the most beautiful clear skies. Our hosts were on 'aurora watch' and came to get us as soon as the aurora started. Opening up to the wonder of this amazing skyscape was a very emotional experience.

The energy of this essence brings clarity, and also patience in waiting for progress. It also invokes an appreciation of beauty and perspective on life. It is useful when frustration strikes, when the way forward is confused or the way out of a situation is unclear. Simply, ***it helps you appreciate where you are.***

The next essence, Key V, was made at the black sands and basalt stacks at the coastal village of **Vik**, at the foot of Mount Katla, the area dominated by the Mýrdalsjökull glacier up above. The whole coastline is famous for its sand and off-shore stacks, and it is a most unusual sight. It evoked a sense of timelessness, and also pure astonishment at the depth of the ash on the beach!

The essence connects us to memories from the past that need to be transformed, and also links with the challenge of the 'blending of opposites'. Thus, it is useful ***when the past is holding you back,*** or when trapped between



options with no clear or obvious way forward, or where progress is being painfully punctuated with stops and starts.

Key VI links to another volcano, Mount Hekla. This is historically one of the most active volcanoes on Iceland, erupting roughly every 10 years or so. The river Ranga begins its life on the mountain, and is one of the fastest flowing rivers in Iceland, renowned for its salmon fishing. This essence was made as near to the volcano as it was safe to go, with some added water from the river itself.

Its energy, naturally enough, is one of fast, relentless movement. It contains old wisdom and power, especially the knowledge of what needs to be released from deep within. This essence ***helps you deal with events that are speeding outside of your control or awareness***, and is also useful when you need to discover what to let go of, but are particularly fearful of making mistakes.

The Final Two Keys: Islands View and the Meeting of Plates

Near the end of our essence-making journey of discovery we made Key VII, also on a shoreline, this time looking out to the Westman Islands. There are fifteen in the group in total, situated off the southern coast of Iceland. It is still a volcanically active area, with the newest island, Surtsey, being born from an eruption in the sea bed in only 1963!

This energy of this essence represents ***the creation of a new horizon within, a new place to go***. This essence is vital when there seems to be no hope of change or progress, when you are suffering from inability to see what is possible.

Key VIII was made at Hafnir, on the Reykjanes Peninsula. This is the area where the Eurasian and North American continental plates meet, a suitably fitting landscape for the final essence in the set. You could sense the brooding energy of the place, yet like the whole of the fault line in Iceland, it has the possibility of acting as a meeting place for very disparate views.

With such a potent location, it is no surprise that this essence ***creates a bridge between possibilities***. It holds the energy of expansion away from rigid ideas, and helps establish a connection between very different, even divergent, energies. Thus, it is useful when you are feeling pulled between two or more choices, and needing to broaden your outlook on events.

The essences were created in the order that we list them here, outlining the journey we made in its completeness. We did this too, with our Mandala Essences, which marked our pilgrimage to Nepal. In this way we were, and are, hoping to give people access to energies that might otherwise be difficult to experience here in the UK and other less geologically-extreme places.

We are hoping to return again to Iceland sometime, maybe to Keflavik in the north-east, as there are some direct flights there from Bristol at certain times of the year. I find the energy of the Icelandic landscape really enlivening. It isn't that the energy of our own Land is not as good, it is just different. Coming back from one teaching trip to Japan I can remember being grateful that it was unlikely that we would get broken sleep from earth tremors, or experience the peculiar visual of the classroom floor rippling before us. Our own Land is more stable, yet certainly where we live in Wales the liminal energies are very active. Not just in Iceland do you get trolls and elves!

Sue

Sue Lilly has been involved in many aspects of healing for over forty years.

She has taught for most of that time and provided therapy at a busy clinic until 2002 when she decided to give writing and teaching priority. Sue has wide-ranging experience as a therapist and teacher - Flower Essences, Crystal Therapy, Astrology, Yoga, Meditation, Colour Therapy, Nutrition, Spiritual Development and Counselling.

Over the last twenty years, she, with her husband Simon, has written over thirty books covering many complementary and alternative healing topics.

Sue is a qualified teacher and holds a Diploma in Clinical and Creative Supervision. She is a Teaching Member of the British Flower and Vibrational Essences Association (BFVEA) and the Secretary of the British Association of Flower Essence Producers (BAFEP).

Her essences can be obtained from: Suelilly52@gmail.com

<https://www.greenmanshop.co.uk/acatalog/Essences.html>



International Essence Awareness Week 14th – 21st September 2019

Ronnie Williams

INTERNATIONAL ESSENCE AWARENESS WEEK (IEAW) is our opportunity to celebrate all that we know and love in the world of essences. With a full moon on September 14th, and the Autumn Equinox close by on September 23rd, it's time for us to share our passion, knowledge and experience of essences with the wider community, expanding the awareness of vibrational medicine to create new pathways for essences to travel along. So here are some suggestions and a request for your commitment: find your courage and dare to get involved! This year the emphasis is on live events in your area, so be creative and get ready to link more with your local community.

A Few Well-tried Suggestions

Taster sessions with friends or clients, 1-1 or in small groups; special offers and reduced-price consultations; an article in your local community newspaper; a display in your local library or community hub. Talks and demonstrations; walks in nature, workshops and seminars – all these are very effective in getting the message across. Contact your local paper or radio station for an interview, let them know about your work. Web-wizards amongst you may like to set up an on-line event, or use your website or Facebook pages to attract interest. Some of you may wish to link in more quietly, joining the daily IEAW meditation each evening or placing your essences somewhere in your home, garden or workplace for the week, creating a sanctuary of peace where you can connect with nature, enjoying the approaching autumn energies. Taking essences to springs and wells, ancient sites, and of course city-centres, can help to make a tangible difference to the world around us, also reducing the electro-smog that now envelops much of our environment. Working indoors with maps, dowsing and essences can also be very effective.

NETWORKING – Widening the Web

Think sideways: healthcare workers, carers, community mental health nurses, teachers, youth-workers, business owners – how many do you know? With the current emphasis on improving care for those with mental health issues, there are so many opportunities for us to share our understanding of the power of nature to heal on all levels. Thinking out of the box may help you identify individuals, groups or organisations that would enjoy a talk and the opportunity to learn about essences and their benefits.

Our world faces many challenges. We all know how it feels to get our buttons pushed, and how much essences can help in times of difficulty, change, and emotional upheaval. There are no limits, so please be inspired, and keep in touch!

What You can do once your Plans are Finalised

- ✿ *Email details of your events to Dawn White (bfveanews@live.co.uk) for the BFVEA Facebook pages and IEAW Calendar of Events.*
- ✿ *Download the IEAW 2019 image from the BFVEA website and use it on your own website/Facebook pages.*
- ✿ *We need more Area Co-ordinators who are willing to network with essence practitioners and BFVEA friends in their area, to link up and possibly create an event together. Please contact me if you're willing to take on this role. The existing list of Area Co-ordinators will be on the BFVEA Facebook page.*
- ✿ *Let your contacts in Europe and beyond know about IEAW, encourage them to forward details of their own events between 14–21st September for the IEAW calendar, or direct them to our website (www.bfvea.com) so they can sign up for our free quarterly e-newsletter.*
- ✿ *ThankstoHeatherK.Veitchwho will once again setup the daily Photo Challenge on our own BFVEA Facebook pages. So please watch out for details, and if Facebook and the internet are your preferred ways of linking with IEAW, let us know your plans.*
- ✿ *Keep an eye open in the July quarterly e-newsletter for more information about interviews with essence makers and possible videos on YouTube, plus the IEAW meditation.*

CPD Points

All your activities count towards Continuing Professional Development and help to enhance the standing of the BFVEA in the field of complementary medicine and integrated healthcare. Collectively we are the holders of leading-edge information and resources that, arguably, could make a significant difference in the world in our lifetimes. It's time for us to stand up and be counted.

Thank you for reading this. Please get in touch with me, or any other committee member, if you need help implementing any of our suggestions. And we need feedback! Remember to send us your photos and reports, for inclusion in the Winter issue of **ESSENCE**.

Ronnie

veronica451@btinternet.com

A flower for IEAW

Ronnie has chosen the Yellow Dryas flower essence as one that can inspire us for IEAW this year. It supports the *pioneers* of this world and will help us to come together in a shared mission, find our purpose within the larger scheme of things, and through that connection draw to us what we need.

Affirmation: "I look for the edge of the known and step beyond."

www.universalessences.com



Magazine Subscriptions

ESSENCE magazine is free to BFVEA members, and is open to all on a yearly subscription basis. Subscribers are known as 'Friends of the BFVEA', and receive issues quarterly, in January, April, July and October.

Special Offer for 2019/20

In the UK: £28 (Student subscription £23)

Overseas: £35 (Student £30) Overseas payments via Paypal only.

Back copies from the past year can be obtained at £5.50 each for UK subscribers.

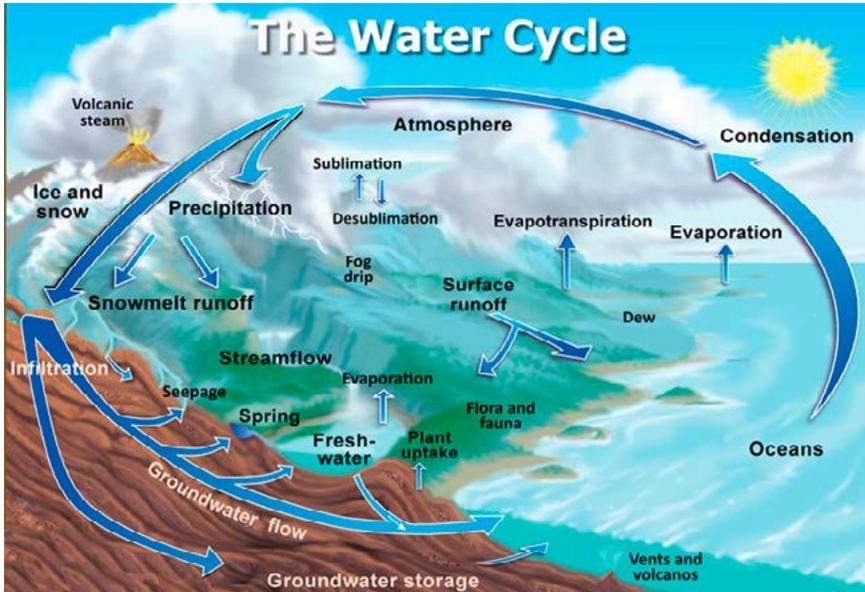
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Having presented an article on the ‘amazing power’ of water – its hidden attributes upon which our essence therapy works depends – we thought it would be interesting to present some special essences that capture the gentle flowing nature of water itself, in some of its many forms.

WATER IS SUCH A VITAL AND SUPREME PART OF OUR LANDSCAPE, creating a living planet rather than a barren rock. The Earth holds onto its water through its gravity, and enjoys a water ‘cycle’ courtesy of its clement temperatures, which are ideal for water to continually move through every part of its nature – ice, liquid and gas – and back again.



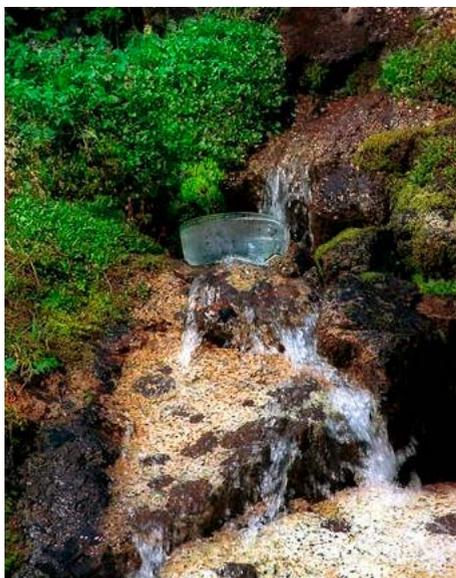
As the image shows, our water cycle is amazingly complex, with water interchanging through ocean and sky, through surface and underground streams, covering far more of the Earth's surface than the actual land itself. We all know the power of rivers to carve out the landscape, and glaciers to overcome the utmost resistance, and the devastation caused by storms and tsunamis. Water can be most formidable to behold, yet it is also designed to act as a

'cradle' for energy of all kinds, just as it contains and supports us in the womb. It is wonderful to know that it can be used to capture its own environmental force and hold this as an essence, and various producers have linked to and worked with its power in this way.

Water can be gentle, water can be ferocious; but it is the former that we focus on here, in these few selected essences which all transform in some way – whether in rebalancing, or in bringing back what was lost...

From High-up Springs

We begin with the Alaskan essence *Rock Spring*, made in the Talkeetna Mountains in the southern-central part of the state. The crystal pure water emerges from high in a sheer rock face and cascades down to a pool at its base. It is an essence that encapsulates the phrase 'hope springs eternal', for it is all about being open to miraculous change, that nothing is impossible. It is described as an essence which can '*help us find our way through seemingly insurmountable obstacles with infinite patience and never-ending trust.*'



Rock Spring

Springs contain that energy which can bubble up inside us and appear in our conscious minds like something fresh and never seen before, thus this is very much an essence for a brand-new start.

Water, whether moving slowly or quickly, is impossible to resist, for it can move through the smallest of cracks or spaces and force them to open more and more. Once a flow has been initiated, we can be propelled along despite our initial reservations.

Our second essence, Jan Stewart's *Forest Stream* from her Forces of Nature set, was made near Bolton Abbey, Yorkshire. It captures this idea perfectly, as it "*increases our sense of freedom and flow, washing away our sense of 'should' and 'ought' so that we can reach inside to find out the person we really want to be and the direction we really want to move in.*" This essence then helps us apply our will with courage, confidence, stamina and creativity.

One of the most well-known 'watery' energies is one of the thirty-eight traditional Bach essences, *Rock Water*. Nora Weeks and Victor Bullen described this essence as being made from 'an old, forgotten well (once) renowned for its healing properties'.¹ The original *Rock Water* was most likely made in the grounds of St. Mary's Priory Church, Abergavenny where a well called *Ffynon y Carreg* or Rock Well had become known as a source of healing.² Later versions were made from the natural springs at Wellsprings Pond, Brightwell-cum-Sotwell.³ Bach suggests making the essence



Forest Stream

from, "*Any well or any spring which has been known to have had healing power and which is still left free in its natural state, unhampered by the shrines of man...*"⁴) On the face of it, an essence like this could be very similar to the Alaskan *Rock Spring*. However, as we know, each location lends itself to different energy patterns and thus experience, and so each producer can link to a different facet of what water in this context has to offer. The Bach *Rock Water* essence links to water's ability to work with the idea of 'rigidity'; just as water has the ability to erode or even dissolve the rock it touches, so *Rock Water* can dissolve the rigidity of those who are too hard and unyielding in their dealings with themselves or others. Their perfectionist stance can give way to open-mindedness and flexibility, knowing that each person must find the way that is right for them, letting each flow according to their nature. Much peace and understanding can thus be called forth from the watery blessing of this essence.

Down to the Sea

As springs become streams, and streams become rivers, we wind down to the seas and oceans and enter a new perspective on the nature of water. Here we are subject to the tides caused by the Moon, and the idea of working with the ebb and flow of life. Alaskan Essences' *Tidal Forces* essence captures that in a particularly marked way, as it was created at Kachemak bay, a place where the water level changes by twenty-two feet, a dramatic variation and an essence that had a particularly dramatic birth! The plan had been to place the bowl in various places around the spot where the creek met the bay through the whole twenty-four hour cycle of the tides. However, the producer was caught out by the tide and the bowl vanished, swept up by the pace of the water! It was presumed lost, taken out to sea, upturned and perhaps sunk to the bottom, never to be seen again. But instead, later that day, it returned, floating

happily in with the tide and with its essence water still intact within it!

Thus, the producer captured the full cycle after all, and realised that one message is that 'loss' can be seen as 'gain', and that this is an essence of both rhythm and balance, where we can adapt to the swiftly changing currents of life, releasing and accepting what is necessary with fluidity.

We end with Jan Stewart's essence *Beneath the Waves*. Jan planned to be a marine biologist when she was young, though ended up as a biologist with a passion for oak woods! But her love of sea life remains. This is a seaweed essence – something she, at first, hesitated to make because of concerns about pollution. However, she explored making a Nori seaweed essence from both a living specimen and a dried one and was quite pleased with the results. She then made one of the deep water *Laminaria digitata*. This can only be seen briefly on a shore during low spring tides and then you generally still have to wade out for a specimen. It is so long lived, waving gently below the waves, it is able to provide a home and safe haven for *dulse*, a common red seaweed that is eaten raw in some areas. The essences from these seaweeds bring together a combination similar to a 'rescue remedy', yet different, in that it helps you separate yourself from the stress and enter a comforting, nourishing, safe haven.

Beneath the waves is a peaceful, calm and quiet space where we can take ourselves when life gets overwhelming and we simply cannot cope anymore.

So, having taken you on a little journey, following the passage of water from spring to sea, we hope you feel inspired to connect to these watery energies, and let them gently help you with the many and varied challenges of life!

Editorial Team

Websites

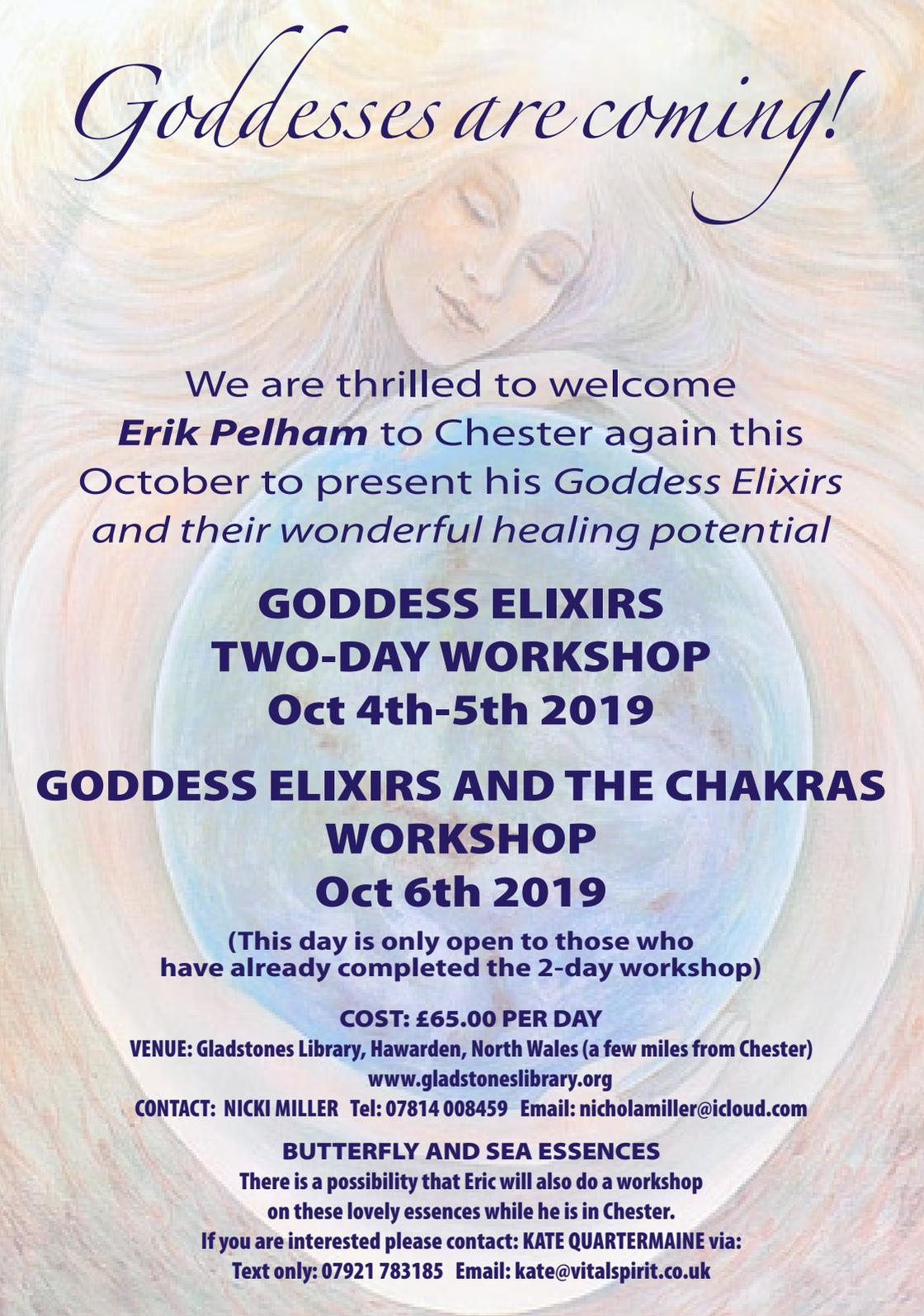
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Jan: www.stewartessences.co.uk

Bach: www.healingherbs.co.uk

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Goddesses are coming!

We are thrilled to welcome
Erik Pelham to Chester again this
October to present his *Goddess Elixirs*
and their wonderful healing potential

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TWO-DAY WORKSHOP
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BUTTERFLY AND SEA ESSENCES

There is a possibility that Eric will also do a workshop
on these lovely essences while he is in Chester.

If you are interested please contact: **KATE QUARTERMAINE** via:

Text only: 07921 783185 Email: kate@vitalspirit.co.uk