

Essence

Spring 2022



**Notes from
an 'Accidental'
Essence Producer**

Karen Reid

**"Listen,"
says your Body,
"I have Important
Things to tell you."**

Kate Parker

Flowers from Brazil

Solange Carneiro

**Celtic Traditions
and Essences
for Imbolc and
the Equinox**

Iona Leigh

**Urban Essences
Part I**

Sharon Keenan

**Angels and
Essences**

Helen Ward



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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CONTENTS

Features

- 3** Editorial
- 4** BFVEA News
- 6** International Essence Awareness Week 2022
- 8** Gathering 2023



Articles

- 10** Notes from an 'Accidental' Essence Producer
- 15** "Listen," says your Body, "I have Important Things to tell you."
- 18** Celtic Traditions and Essences for Imbolc and the Equinox
- 21** Flowers from Brazil
- 26** Urban Essences Part I
- 31** Angels and Essences

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



Welcome to our Spring Edition

HELLO EVERYONE! We've chosen the image of the swan and cygnets this time to particularly highlight the beautiful serenity that nature can bestow on us, and also portray the blossoming of the spring season, something we all can appreciate and draw on, no matter what is going on in the world. We have plenty of articles to hopefully inspire you too, covering various essence ranges, both new and those well-known across the world; my own article on angels' involvement with essences; and a piece about an expressive and healing form of dance. It's been particularly satisfying and so helpful to have people respond to our request for more articles this year, so please keep them coming.

We recently had another wonderfully successful **Online Gathering**, and I'd like to add my thanks and gratitude to everyone on the committee who made this happen. An amazing achievement, allowing the **BFVEA** to build its online presence and offerings for the future. However, with the pandemic now moving into a more manageable phase, we are planning our traditional and much-loved weekend get-together for 2023 (though potentially with an online component too). You can read more about this from Dawn on page 8. Look out for the excellent monthly payment schemes! Our Gatherings are always incredibly sharing, supportive and inspiring, and we hope to have some of our newest members come along to join in the fun!

We also have International Essence Awareness Week coming up very soon (see page 6), a wonderful chance for you to spread your love of essences out into the world. We hope you are enjoying being part of our **BFVEA** family (look out for those emails about renewals!), and we look forward to more togetherness over the next year – and in a wonderful face-to-face manner, too!

Helen 01608-430899 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 14/05/22

Committee Vacancies

Sadly, three of our committee will be stepping down from their positions, and although not imminent (until we have replacements) the BFVEA would like to take this opportunity to thank them for their dedication and hard work over the years. We are looking for the following positions, please consider volunteering.

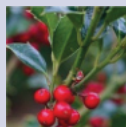
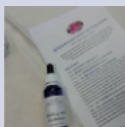
Please contact Caroline at secretary@bfvea.com.

Treasurer

We are looking for someone to replace Sally from May 1st, although she will be in the background to support a new Treasurer until the end of year accounts are completed, approx. October. The role requires someone who is responsible, conscientious and methodical, with an eye for detail. The majority of work comes in spurts, such as at Membership (and Friend) renewal time or prior to the Gathering. The main tasks include arranging payment of BFVEA services and Committee expenses, liaising with the accountant and preparing yearly accounts. A yearly discretionary allowance of £150 can be claimed for this role.

Secretary

In addition to admin tasks and supporting the Chair, this role requires an awareness of the day-to-day running of the organisation and an understanding of the roles and responsibilities of Committee Members and the processes involved in their different roles. It requires someone who is able to keep track of what is happening within the BFVEA, to enable effective communications between the committee and convey news and changes to the membership through one of the BFVEA publications. This role would suit someone who is well organised, a good communicator and has the ability to view the BFVEA organisation from an overall perspective. A yearly discretionary allowance of £150 can be claimed for this role.



Education Officer

After many years as Education Officer, Lesley will be stepping down from this position in 2023. It would be preferable to find a suitable person soon, so as to facilitate a slow hand over. The applicant should be an Advanced Practitioner with several years' experience. They must also hold a teaching qualification at a minimum level of PTTLS and have teaching experience. The main tasks include mentoring, encouraging and supporting potential tutors; accrediting new BFVEA courses; and regularly verifying the standards of BFVEA courses that have been running for three years or more.

Support for this role from another experienced Committee member is available if required.

Travel expenses and a small allowance (£50) is paid for site visits plus a discretionary payment can be claimed (up to £100) for support offered in helping a tutor create an accredited course and for supervision during its first year.

Renewals for 2022-23

BFVEA renewals are nearly upon us, and we are pleased to announce that subscriptions are staying the same as before. All Members, and those Friends whose subscriptions complete with this edition of the magazine, will shortly be receiving renewal letters.

PLEASE be as **prompt to renew** as you can when you get the renewal letter.

PLEASE let us know if you have **changed your email** in the last year.

PLEASE contact Chris on *membership@bfvea.com* if you have any queries about your renewal.



International Essence Awareness Week 2022

Beltane Celebration

International Essence Awareness Week is fast approaching, and will take place from

April 30th to May 7th 2022

This time each year is a great opportunity for you to promote your own essence practice as well as essences in general, and to share your knowledge and experience with BFVEA friends and members as well as with the wider world. Last year's IEAW was held over Imbolc, that beautifully quiet time of the year. Due to the restrictions which were in place, most of the activities took place on-line and were quite reflective in nature. However, during that week we launched our BFVEA Instagram page, thereby broadening our reach across social media. We also, with the help of international essence friends, translated the Facebook photo challenge into more languages, including French, German, Spanish and Portuguese. This year, due to the relaxation of restrictions, the event should be more open, and provide us with more opportunities to share our love of essences face-to-face.

The IEAW Team have chosen to keep moving the event through the wheel of the year, to follow the rhythm and flow of nature. Organised this time around Beltane, we will experience the dawn chorus waking us long before we want to get up, hours of daylight are increasing rapidly, and nature is putting on its finery with trees in leaf and blossoms all around us. So, we hope you will feel creative and want to share and celebrate this time in innovative ways with your clients, friends, family members and essence enthusiasts around the world.

Here are a few suggestions to fire your imagination:

- Run a special promotion this week on your consultations or essences
- Share videos from various essence ranges on social media
- Share photographs and essences on **your own** social media outlets
- Write an article/feature for your local newspaper on essences
- Talk 1:1 with people. If you are in touch with essence practitioners, suppliers or distributors of essences who are not aware of BFVEA, please tell them about IEAW and encourage them to visit our website



- Deepen your connection with nature: reflect/meditate/write poetry, be creative
- Join the IEAW Facebook Challenge, following the prompts
- Take essences out into your garden or local environment, visiting sacred sites, springs and wells, rivers and lakes. Now that the restrictions have eased you may even want to do this as a group
- Create a space in your own home or workplace where your essences can be on view, adding their energy to this special time
- Link in for a shared meditation. The IEAW team will be holding a space for this each evening between 9pm and 9.30pm BST.

IEAW is our opportunity to share our knowledge and passion for flower and vibrational essences, so be both inspired and an inspiration for others. **Communicate, educate and above all have fun!** Remember, too, that your time and effort count towards CPD points, which you need in order to renew your membership each year, so do keep written records of everything you do. Time spent more on an inner level, whether journaling, making essences, or using essences as part of your own healing during that week, can be counted. Please feel free to share any other ideas of your own with us, or on the BFVEA Facebook page, as we are open to all suggestions and possibilities. Wishing you all inspired moments as you prepare for IEAW 2022!

With Love and Gratitude

Sharon, Ronnie & Maia
The IEAW Team sharon.essence@gmail.com



GATHERING

Dawn White

2023

After the challenges of the past couple of years, the BFVEA will be welcoming back our members and friends to a face-to-face gathering in 2023.



*The venue is **Woodland Grange, Leamington Spa**, and the dates for your diary are:*

4pm Friday 10th March - 4pm Sunday 12th March 2023

Included in the cost of attendance is use of the gym, games room and enjoying sixteen acres of grounds. All bookings include meals and tea and coffee, which are available all day from the drinks station. For those who choose full residential attendance, or the relevant option, a drinks reception and three-course pre-ordered gala dinner is available on the Saturday night.

Speakers who have already agreed to present next year are:

Vivien Williamson	Iona Leigh	Jane Gilbey	Lynda Tarpey
Wolfgang Riedl	Jan Stewart	Natasha Montes	
Michele Nilson	Julie Bowman	Erik Pelham	

A **booking form** and the ten-monthly PayPal instalment payments option for single and double full residential attendance and full non-residential attendance are **now available on the BFVEA website**.

Looking forward to seeing you at Woodland Grange in 2023!

Dawn White Gathering Officer gathering@bfvea

We are happy to welcome our New Members

Advanced Practitioners

- Julia Phillips – Powys, Wales
- Helen Burke – London
- Aleksandra Matakovic Manca - Devon

Practitioner

- Pamela Townsend - Wiltshire

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.

Pricing for 2022-2023

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.

UK Friends can pay via cheque, BACS or credit/debit card or via Paypal.

Please contact Helen on friends@bfvea.com for more information, or if you wish to unsubscribe at any time.





Notes from an 'Accidental' Essence Producer

Karen Reid

The Beginning

I set out to simply become an Essence Practitioner – studying with Mandala Complementary Studies (Sue and Simon Lilly) – but the universe had other ideas. Part of the course, which I really enjoyed, included methods of making essences. My first two were *Primrose* and *Mahonia*. Making essences now and then from plants in my garden here in Devon, I had no intention of using these for any other purpose than my own practice. This was something I gently made clear to Carrie Thomas of Touchwood Essences at my first Gathering in Glastonbury, when she offered to swap essences with me. I insisted on paying her as I had no intention of putting my essences 'out there'.

Fast forwarding two or three years and after a lot of encouragement from a wonderful friend and graphic designer Sarah Ray of Design Marque, who designs my labels and website, there I was at a Gathering again with a small stand and my first set of essences ready for public perusal. I had a quiet 'told you so' from Carrie! It was really hard for someone who suffers from 'imposter syndrome' to step out into the essence world with the belief that I had something of worth to offer.

So much has happened since then.

Why Make Essences?

There are many long-established producers whose essences are known world-wide. I am drawn to purchase some essences for my practice and not others. I think this has to do with how I understand, and have empathy with, the energy of the producer – which I believe is a key factor in their essences.

So why do I bother? It isn't an obsession, as such, but there is a certain compulsion once ideas enter my head. These come in various forms - perhaps a plant in my garden will make its presence obvious, as with those that came together to create the **Cottage Garden** and **True Self** ranges. You walk through the garden and a particular plant catches your eye, for example by being in flower out of season.

Sometimes I am introduced to other energies through a book, as with the **Re-Balance Essences**, which came into being after reading the book *Archangels*

and *Ascended Masters* by Doreen Virtue, or via meditation and tuning in, which resulted in the **Golden Dragon Essences** when a particular dragon arrived as I was making a Rainbow essence. I have discovered that Dragons choose you.

I was very comfortable making essences the traditional way of floating blooms in water in full sun and even by placing the spring water so as to touch a bloom still connected to the plant. Channelled essences were something other people made, not me. This was far from my thoughts and I can be a bit slow learning to be open to experiences and opportunities. Making Re-Balance essences moved me completely out of my comfort zone, as did meeting the dragons who have chosen to work with me. The more I resist these 'nudges' the louder they become until I have to act!

Of course, each essence is initially made for my own needs, allowing me to rebalance my energies – that is, until someone else comes along who also needs it, which I have found over the years, generally happens within two weeks of making the essence. It still amazes me.

What's New?

I had been exploring the idea of using spices to make essences for quite a while, but was not sure how to proceed. Seeds and dried spices used in the kitchen have, in my opinion, an energetically dead feel to them, but travelling to find the live plants was not an option. Then I remembered that photographs also carry energy, so I began an internet search for pictures of spice plants, noting those that stood out from the others.

Soon I had found the pictures I needed for ginger, black pepper, cayenne pepper, cloves, star anise and turmeric, but the urge to make essences straight away was not there. So I waited... And waited.... My patience was finally rewarded when, for several days in July last year (2021), the country baked in a heat wave. This searing heat was what was needed to bring these energies to life and so the **Subtle Body Essences** were born.



They were made by placing each picture beneath a clear glass of spring water and letting the incredible heat do its work. The essences were then preserved and bottled. Then came the fun of finding out the purpose of each essence. It was clear that there were no corresponding chakras or meridians as with other essences that I have made. These spice essences had a very different, more subtle energy than those made using the flowers in my garden. I discovered through dowsing that they would work with the different layers of energy that surround our physical being – the subtle bodies.

Transforming the Layers

I discovered that each of these new essences corresponds to one particular layer of our energy body system, enabling it to be cleared and re-balanced. Thus, they can be used individually on a certain energy level, or used as a sequence to help bring about more far-reaching change. This is the order they presented themselves to me:

Ginger The Etheric body is our energetic blueprint. Imbalances here can eventually end up manifesting in the physical body where we have to take notice. My impression when I first used *Ginger* essence was of small, painful arrows, caused by negative thoughts, shock or trauma, piercing the Etheric Body. *Ginger* gently removed the arrows, allowing the punctures to heal.

Black Pepper The Emotional Body is a volatile and ever changing energy matrix of moods: the ‘weather’ within us. This essence gently returns us to the central point of balance between extremes, thus preventing emotions from becoming stuck at inappropriate points. This is particularly helpful at times where emotions are difficult to manage, especially with young children who do not yet have the skills to express their feelings in any other way.

Cayenne Pepper The Mental Body records, categorises and files our emotional responses. It stores our core beliefs, held from early life, which are responsible for defining our experience of reality. This essence gently helps us to look at these beliefs and clear those that are no longer relevant or helpful. I have found this a really key essence in my search to discover and then release what holds me back in life.

Star Anise The Astral Body is the boundary between individual personality and more collective spiritual awareness and allows us to recognise ourselves as unique beings located in time and space. This essence can help us when we feel isolated or lacking direction. It has been particularly useful in my healing work, helping me to filter out what I can only describe as the ‘collective fear’ that is ever-present at the moment.



Star Anise



Cloves

The last two layers are composed of very fine energy. They are less often described so their functions are not so clearly defined.

Cloves The Causal Body is the doorway to higher levels of consciousness and as such links us to the collective unconscious. It is where the experiences and lessons we have chosen to learn in life are formed and patterns created that enable us to project our unique self. The *Cloves* essence rebalances this subtle body by helping us to integrate our experiences and restructure for change.

Turmeric The Soul or Celestial Body is related to our 'Higher Self'. It helps us to maintain an awareness of who we are via a connection between the Physical and Spiritual, so that we maintain our 'wholeness' and are comfortable in our own skin. *Turmeric* is a really helpful essence for weathering the times we currently live in, where nothing is as it seems and everything is moving and changing.

Whilst there are several ways of using essences, the most common being drops onto the tongue or in water, these essences seem more powerful, and perhaps work quicker, if used directly – by placing the essence on the hands and sweeping them around the body within the energy field.

Final Thoughts

In the scheme of things I am happy to be a very small producer. I bring into being essences that want to see the light of day and have chosen me as a facilitator. If others are drawn to the energies of my essences, I am happy to share them, knowing they will travel to where they are needed when the time is right.

Karen

Karen Reid is an Advanced practitioner member of BFVEA and a BAFEP registered essence producer. All her essences are made in and around her garden in Devon.

References

Rainbow's End Essences www.rainbowsendessences.co.uk
Lotus Holistic Essences www.lotusholistic.com
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“Listen,” says your Body, “I have Important Things to tell you.”

Kate Parker

As essence practitioners and enthusiasts you'll no doubt be familiar with the chakra system and working with the subtle bodies. When using essences we can choose those which resonate with our own or a client's chakra imbalances, and we can use colour and yoga and all sorts of different modalities to support greater balance in our chakras. However there's another way of connecting with and supporting our chakras and that's through chakradance™.

Chakradance™ is a healing modality that harnesses spontaneous dancing to specific music that resonates with each chakra, alongside the use of meditation, mantras and mandala art. I discovered it during a priestess journey and as part of my essence practitioner training, and for me it was the missing link in merging my physical, emotional and spiritual selves. To explain a bit more, when I became attuned to reiki, which in itself has been a wonderful tool in my life, I often found it hard to ground myself afterwards – I luxuriated in feeling out of my body and struggled to return from the celestial realms! With chakradance™ I feel totally grounded and present in my physical self and yet there's an almost trance-like state that I can go into at the same time.

It reminds me of when I danced in my bedroom as a child to a favourite song; I could dance and lose track of time and all felt right with the world! I also feel that it brings about a union of masculine and feminine energies. When dancing I'm moving my energy actively but I'm also listening to my body too, letting it move the way it wants to. Sometimes it hardly moves at all and sometimes I imagine I look a little wild!

My Own Challenges

Working with essences brought up all sorts of challenges related to my base chakra – fears, insecurity, needing to control – and I realised that this chakra has been wobbly for most of my life, either over-active or under-active, hardly ever balanced. I'm not alone in this, as Natalie Southgate, the creator of chakradance™, admitted that she has also struggled a lot with her base chakra throughout her life. This led her to create the *Reboot your Base Chakra* e-course because everything starts at the base. We need a strong, solid, secure foundation to be able to build our life on. Just like a tree needs its roots to be held and nourished by the earth, so do we. If our foundations are weak and



crumbly then the energy of all our other chakras is affected by that. The *Reboot* course encourages us to connect with sacred mother energy, to feel supported by Mother Earth – safe, nourished and secure.

As part of this process I also realised that I had been avoiding the colour red for a long time, even though I'd worn a lot of red (including red lipstick) when I was younger. I'd ended up preferring to hide in muted, darker colours instead of standing out and being seen; it was safer to hide. I am so much more comfortable with red now and no longer avoid wearing it, even deliberately *choosing* to wear something red on occasion. I believe that chakradance™ came to me at the perfect time, as these things often do. I was ready to start letting go of the 'stuff' that's been holding me back.

One of the great things about chakradance™ is that it's not even necessary for you to know consciously what your issues, challenges, or traumas are. Only 5-10% of our functioning takes place in our conscious mind, with the unconscious mind (influencing our behaviours, our drives, our personality) like an enormous ocean beneath it. This is why mandala art (no art skills

required!) is an important part of chakradance™; it allows us to pour our experience into the magic circle, creating a symbolic or literal representation of what has come up for us during our dance – and this is different every time.

It's similar to when we work with essences: something comes up for healing and, when that is sorted, another layer appears. We are continually being faced with situations and circumstances that bring up challenges and affect our

chakras, so, if we keep dancing through them we can keep moving our energy and let our e-motions flow. We can thus work with our unconscious, in particular our 'shadow' side, to bring the darkness – our own particular repressed difficulties – into the light, shifting our energy and allowing healing to take place. Then, in the same way that we choose or create an essence for how we want to feel, we invite new energies in so that we attract something different, something new, something better.

In conclusion I have learned that all of our individual elements, all of our colours, are needed for us to be in balance and harmony. And what could be more enjoyable than awakening our true essence through the magic of chakradance™?

Kate

Kate is a graduate of the Essentially Flowers Diploma and is also a Findhorn Flower Essences Practitioner. She wants to help others be true to themselves, to recognise & honour their uniqueness as well as supporting them in living a more balanced and harmonious life.

*As a licensed chakradance™ facilitator, Kate offers a free **Reboot Your Base Chakra E-Kit** and **Reboot Your Base Chakra e-course** so that you can tune into your body's instinctual wisdom, connect with your power animal, discover the mantra and dance for your base chakra plus guided visualisations, dancing meditations and practical exercises and information.*

To find out more go to: www.subtle-balance.co.uk or email: kate.subtlebalance@gmail.co





Celtic Traditions and Essences for Imbolc and the Equinox

Iona Leigh

Imbolc or Saint Brigid's Day, is a Gaelic traditional festival that marks the Celtic beginning of spring. It is held on February 1st, which is about halfway between the winter solstice and the spring equinox. In Scottish Gaelic we call it *Là Fhèill Brìghde*, meaning feast day of Saint Brigid. The day is traditionally celebrated by creating the symbolic cross form from straw or reeds. Many people also celebrate Imbolc by visiting a holy well, gathering spring waters and using them in the home for spring cleaning. It's around this time that crocuses, daffodils and snowdrops start to appear!

The Findhorn Flower Essence of *Snowdrop* (*Galanthus nivalis*) is used for SURRENDER. When my mother, Marion Leigh, made this essence in 1994 it coincided with the death of one of our community founders; Peter Caddy. She did not know this at the time; it was only days later that she heard the sad news. It turned out that my mother was in the original garden at Findhorn making the essence at the time of his passing.

When attuning to the Snowdrop Deva my mother received clear guidance about the nature of the essence, which was later very comforting for community members who used it to help with their grief and to come to terms with their loss. The guidance was: *"Surrender, release and let go. Move forward with renewed hope and optimism. Be still and find your inner peace."*

Snowdrop Essence continues to be one of our most popular solo essences and is also used in our Combination Essences: *Acceptance, Karma Clear, Light Being and Maternal Connection*. We use it at times of feeling separated, isolated, cut off and also low in emotions, mood and energy due to a heavy feeling of sadness or grief.

When looking at the Snowdrop 'signature', in the form of plant perception, its pure white petals drop down, almost bell-like. At the tip of a petal the end looks as if it has been dipped in green, a sign of spring and new things to come. In Scotland we sing a song to the children in kindergarten about the Snowdrop signalling the start of spring.



*Snowdrops, Snowdrops, little drops of snow,
 What do you do when the north winds blow?
 I hide my little head and say -
 Cold winds, cold winds, go away!
 Snowdrops, Snowdrops, dressed in green and white
 What do you do when the sun shines bright?
 I ring my little bell and say -
 Ding-a-ling, ding-a-ling, here comes spring!*



Equinox

There are two moments in the year when the Sun is exactly above the equator and the day and night are of equal length – around March 21st and September 21st. At these times the Sun's annual pathway and the celestial equator intersect forming the Spring or Autumn Equinox, depending on which hemisphere you live in. But no matter where you are on Earth the equinox brings us a number of seasonal effects, which nature enthusiasts notice. As essence makers and takers we can use this Spring Equinox time to harness the energies for health and wellbeing.

Here in the north an interesting way that we react as humans can be noticed via our melatonin levels, which change in direct relationship to the light. Perhaps this is why we can get a light 'spring' in our step, become more alert and experience increased feelings of happiness. In addition, with the fresh air not being so cold, nature's floral scents become more available and new visual displays of bloom and birth feel inspiring as we consume them with our senses.

In Celtic mythology the spring equinox is known as the Alban Eiler and was known as the 'day of balance'. It was seen as a powerful time for magic and nature and many rituals were carried out to harness this unique time of year in the past, such as pouring bowls of porridge into the sea! There was also the ritual of using a wisp of straw (a sop seile in Gaelic) to deposit drops of 'metallic water' around the home. This was water that had come into contact with silver or gold (such as a wedding ring) and was thought to protect the house and its occupants from the evil eye.

Another Equinox essence is *Ether*, made by my mother at the **Well of Eternal Youth** on the top of Dun-I, the tallest point on the sacred and holy isle of Iona (my name-sake). *Ether* essence strengthens the receptivity of life force in the throat chakra, as it develops the instinctual intuition and creative intelligence needed to manifest spiritual love and the power of synthesis. *Ether* essence is the 'quintessence', the mother and creator of the other four elements, which Rudolf Steiner claimed arises from the etheric realm.

Iona Leigh with her late mother Marion Leigh (3 June 1951 – 3 July 2019), the founder of Findhorn Flower Essences



If you feel inspired to create your own equinox ritual, perhaps you will try taking or making a new essence, or visiting a holy well or sacred water source near you. In closing, I'd like to share one final favourite – the *Stellar-Well Essence* – by my teacher Lesley Oates of the Cornish Holy Well Essences. Lesley writes of this Well that it is: *"Truly a pagan well where our ancestors may have believed in reaching the heavens as part of their rituals and rites*

of passage ... taking you deeply into the earth where all sound disappears, giving a feeling of timelessness ... the guardian of the well made me feel as though I was safely grounded while able to travel the cosmos."

The Cornish Holy Well Essences are one of the essence ranges I teach on our FFE Advanced Practitioner Diploma. If you are interested in finding out more about the Findhorn Essences, the Cornish Holy well essences and others that we explore on the course, please email me for more details or to book your place. Wishing you all a wonderful Spring filled with the healing delight of flowers!

Iona

Iona is a BFVEA member and also a BAFEP producer. The essences can be obtained at www.findhornessences.com



Essence Practitioner Course

Iona Leigh's current Essence Practitioner Course is due to be accredited by the BFVEA in June 2022 after which students will be eligible to join the BFVEA at Advanced Essence Practitioner level. The next course starts in September 2022. Please email Iona Leigh for more details at ionaleigh@findhornessences.com



Flowers from Brazil

Solange Carneiro

We are happy to introduce you to a new member, Solange, who only joined us last spring. She resides in the UK, and is a distributor of essences from her home country of Brazil. Here she introduces them for those of you who have not come across them before, describing the wonderful work being done with them in recent years.

Almost all of us are familiar with the Amazon rainforest, today more than ever. In the news we often hear about the climate change challenges and how we can protect this massive green ocean of a forest which is important for the whole planet.

But Brazil, my homeland, doesn't have just one important biome; there is also the Atlantic rainforest which stretches along the coastline from Southern Brazil and Northern Argentina, northwards to South-eastern Paraguay and inland between 40 and 200 miles off the coast. According to the Nature Conservancy, Brazil's Atlantic rainforest is home to around 20,000 species of plants, or around 8% of all plant species on the planet. Like the Amazon, the Atlantic rainforest is under considerable threat from logging and other commercial exploitation.

In this scenario, twenty-five years ago in the 1990's, Neide Margonari, an artist and architect, discovered flower essences during a period of spiritual development. She found that taking Bach Flowers initiated a transformation in her life and this discovery ultimately led to a transformation in many lives around the world, especially in Brazil. In 1996 Neide was involved in the attunement of a flower essence when she realised it was St Germain's Day, and that she should name her range of flower essences in honour of him.

So **Florais de Saint Germain** was born.

Neide explains her philosophy: *"Attitudes, words, bad and negative thoughts block the passage of light in the electrons which underlie our physical and superphysical bodies; these are the cause of diseases. The physical disease is the crystallisation of an erroneous posture of our personality, it is an energetic disorder that begins in one of the superphysical bodies: etheric, emotional or mental. These postures diverge from our internal Divinity."*

Since then, **Florais de Saint Germain**'s all-natural flower essences have become popular across Brazil, the Americas and Europe. The range is totally handmade using only freshly harvested flowers from the Brazilian Atlantic rainforest, thus avoiding the magnetic and other negative energies associated with modern manufacturing processes and creating pure products only.

The range has eighty-nine essences and seventeen floral-ready formulas, books, a set of flower cards, an App for Android and Apple devices and a YouTube channel (offering videos with subtitles in English). There are also various courses and workshops on offer around the world, in person and online. And to complete the scenario, in 2019 a big step forward for complementary therapy in Brazil was initiated: *Integrative Therapies*, a massive achievement there.

The SUS (Brazil's NHS), through a long process, is now accepting flower essence therapy and **Florais de Saint Germain** is being used in clinics and hospitals. To support the demand for highly-skilled essence professionals, a post-degree qualification in essence practice is being offered at the University, bringing more confidence and science to the use of essences there.

The Nature of the Essences

Neide says her essences *"... contain a high level of vibrational potential comprising pure Light, extracted from certain flowers that facilitate the development of human awareness, synchronise mental and emotional fields, enhancing the connection with the Higher Self. These flower essences lead to increased self-awareness and it is only through self-awareness that human consciousness is transformed.*

"The elevated energies contained in the Saint Germain Flower Essences can raise the vibration of the electrons that create the structure of the physical Field, comprising the various layers of the Human Being (mental, emotional, and ethereal), transmuting the stagnant energies caused by mental attitudes or negative emotions.

"At these more subtle levels, the Flower essences help to increase the perception of erroneous attitudes and emotions, making it easier for people to live in harmony and balance. They awaken dormant gifts in people such as creativity and an interest in the new, and thus people begin to perceive the sense of their own existence. They can open up a new path to be taken. By using the Divinely-energised Flower essences people can take responsibility for their own problems, illnesses, and lives overall.



Neide Margonari with Talita Margonari Lazzuri

*"In Flower Therapy, the crystallization of the physical energy blockage which is characterized as disease is viewed as an opportunity for the individual to become conscious of the error which their personality is undergoing. Certain flowers work specifically in the energy Field to establish and define limits to the energy level, thereby protecting people from psychic forces that can leech off them, as well as protecting people from states of obsession, possession, etc."*¹

Yet what difference is perceived between Florais de Saint Germain and Bach Flowers? Talita Margonari Lazzuri (Neide's daughter and CEO of Florais de Saint Germain), says: *"We follow Dr Bach's precepts but as we have different flowers, different soil, and a different sun, we realize that the vibratory frequencies are also different. Our essences are transcendental, going beyond the sublimation of the personality. It is a flower essence system with a strong influence on spirituality but with the same purpose as the Bach Flowers, to allow the Soul to express itself so that Happiness is a permanent state."*

Spreading the Word about Florais de St Germain

In 2016, I created **Land of Reiki and Aroma** to be the face of Florais de Saint Germain in the UK. And following the same approach as in Brazil I offer workshops and courses with experienced teachers and practitioners, like Rosana Souto and Talita Margonari Lazzuri, with supporting researchers to bring more science to the field of flower essences. I met Rosana Souto in person when she came to the UK in October 2016 to present her research and experience about using Florais de Saint Germain in education – in particular

how flower essences could help to minimise bullying in schools. In 2019 Rosana published her book, where she wrote in detail about her experience and knowledge in these last thirty years or more in the flower essences field, focusing on the Florais de Saint Germain system.²

In 2019 between June and December, I invited Eliane Locks, a Brazilian flower essence researcher with more than four books published, to come to the UK to present her studies about Depression, Prosperity, supporting the decrease of bullying in schools, via the use of **Florais de Saint Germain**. Whilst here, she and I replicated the same research that she did in Brazil, focusing on how **Florais de Saint Germain** may support people who are struggling to create prosperity in their lives. Working with twenty-two participants, every two weeks a unique dose was given, from the combination formulated by Eliane, for three months. Then the combination was changed. Improvements were seen and the overall results will be published this year in both Brazil and the UK.

Via Julie Ferris's research, as detailed in her beautiful article,³ we had another opportunity to see the effects of Florais de Saint Germain in action, this time combined with Bach Flower essences.

During 2020 and 2021, Land of Reiki and Aroma had an opportunity to have some of the BFVEA members attending a Florais de Saint Germain workshop with Talita Margonari Lazzuri and, with Rosana Souto, a flower essences workshop focused on Autism Syndrome Disorder (ASD). This year we have another ASD workshop planned for July and Talita Margonari Lazzuri to present in June.

The Brazilian community in the UK are very open to flower essences therapy – in fact, not just flower essences but the whole beautiful world of



complementary therapy. They are still my main clients not just in the UK but all over the world, as through my website I can reach many of them in partnership with Brazilian practitioners.

Sol

Solange is a Bach Flower registered practitioner, BFVEA member and ambassador of Florais de Saint Germain, Reiki practitioner and teacher with more than twenty years of experience. She offers a combination of restorative and re-balancing therapies, designed to support those through their journey of self-discovering and acceptance.

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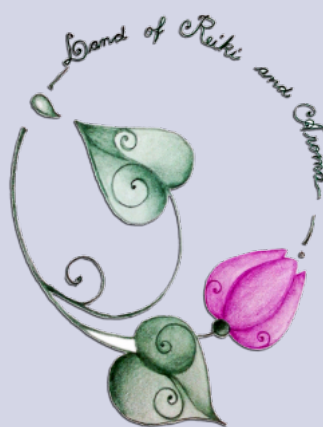
if you wish to download a copy of Florais de Saint Germain leaflet, please visit: <https://landofreiki.co.uk/guide/florais-saint-germain/>

References

- [1] Margaroni, N. (2000) *Saint Germain Flower Essences – the Twelve Divine Rays* ISBN 85-900249
- [2] ISBN 978-85-98584-02-7 – Portuguese Edition
- [3] ESSENCE magazine, Winter 2021-22

Florais de Saint Germain workshops

Sol will be promoting **Florais de Saint Germain** workshops – look out for these on our website and social media (see below). Members of the BFVEA members are invited, and there is a SPECIAL DISCOUNT, of course, covering also the whole range of Saint Germain flower essences, full set (in bottles of 5ml or 10ml), consultation and personal mixed bottle service.





Urban Essences Part I

Sharon Keenan

*This article is based on a talk given at the
BFVEA Gathering in Kenilworth in March 2020.*

From our earliest origins humans have lived together in communities. Over time this has changed from living in tribes as hunter-gatherers, to farming communities in the Neolithic era and more recently, since the Industrial Revolution, in cities. Most of the world's populations now live in cities, thus it has become the new normal.

There are many benefits to living together in this way. These include more opportunities for work and better access to education and healthcare; more social activities and public transport links; and also, more chances to meet people and exchange ideas and cultural experiences. Yet there are also stresses which go with living in cities, which we will explore in this article.

We are hard wired to live in communities, yet are also at our happiest when living in harmony with nature. Finding the balance between these two states of being is not always easy.

I am what is classified as a Highly Sensitive Person (HSP) and am in my 'happy place' when living in the peace and quiet of the countryside, where bird song is the most common sound, accompanied by the buzzing of bees and the observable rhythms of night and day and the change of the seasons.

However, I, like many Light Workers, have chosen one of the most difficult places energetically in which to live – a busy, crowded, noisy and polluted city. This is Southampton, a major port on the south coast of England that has been widely recognised as a city with amongst the worst air quality in Europe, due to the heavy volume of traffic and pollutants from cruise ships. (I have been part of changing this situation with my voluntary work with Friends of the Earth and Extinction Rebellion – but I'll leave that story for another time.)

Over the years I have frequently asked the question: *why is someone as sensitive as myself living here?* The answer whispered back to me is that it is because I am part of a 'Bigger Team' of physical and non-physical beings who are here to help make a difference in some way, a bit like an acupuncture needle of light in a blocked energy line.

Throughout this period I have leaned into the support of many flower essences, particularly Alaskan Essence *Grass of Parnassus* and also *Smoky Quartz* to help me cope with the discomfort of being here. I have also become aware of several essences in my EarthSong range that are able to support me in this as well. A few of them – Apple, Grape Hyacinth and Mistletoe – were made in the City of Southampton itself and helped me hear the name ‘Urban Essences’ when I found myself taking them more and more frequently.

Meeting the Urban Challenges

For many of us living in densely populated cities there can be several physical and energetic challenges, yet thankfully help is at hand in the form of ‘Nature Transfusions’, aka flower essences, which can help flood our systems with the positive vibrations to restore harmony.

Noise Pollution The beautiful *Grape Hyacinth* essence was made in Southampton’s East Park, which runs parallel to the northern part of the ‘QE2 mile’, a busy road with shops and restaurants. The day this essence was made was particularly noisy. There was lots of construction noise as the new Cultural Quarter was being built on one side of the park, as well as the sounds of ambulance and police sirens screeching around the ring road. This was combined with the sounds of traffic noise and horns beeping. Despite this I received my ‘essence feeling’, a phrase I use to describe the tingly feeling inside my energy field when I am being called to make an essence, and I was led to a small ornate tree on the edge of the park where an exquisite patch of grape hyacinths was emerging. As usual a part of my mind questioned how could I make an essence in the middle of a city, especially with all this noise going on. However, as soon as I tuned in and carefully placed the bowl of water in amongst the flowers (using the non-cutting method) I understood perfectly. All of the jarring sounds of the city seemed to fade away. It was as if someone had turned down the volume. It was quite extraordinary!

I could still hear the sounds but they were not aggravating my nervous system. I realised just how much stress these sounds had been having on my energy system and it was such a relief to be free of them! What I also became aware of was how the energetic noise of the ‘collective consciousness’ was also diminished. I, like many others in the field of energy healing, am very ‘tuned in’ to the collective energies and can occasionally be swamped by them if I don’t maintain my personal energy integrity. So it felt like I was wearing ‘Spiritual Ear Defenders’. This essence has also really helped me if I ever have to be in a building where the architects have not taken into account



the 'acoustic landscape', for example, modern shopping malls can be full of very harsh sounds, as can big stores and also cinemas.

Air Pollution The essence of *Apple Blossom* has come to my rescue on several occasions when I have felt extremely challenged by the level of air pollution in my neighbourhood. It has a very cleansing and refreshing feeling to it and always makes my energy system feel a bit more 'sparkly'. This essence was made in the garden of my friend's neighbour, Una, and has a wonderful story attached to it. The road she lived in is made up of typical Victorian terraced houses which over time have mostly become Houses of Multiple Occupation (HMO's) with a high student population. The small gardens out the front have been replaced with overflowing bins, a sight which adds to the feeling of a place being unloved and dirty.

At the time of the essence being made Una was in her late 80's and her home was one of the few remaining that housed a family (her and her husband). There was a small but neatly tended garden out the front and a beautiful, longer garden out back, a bit overgrown, but full of flowers and containing an enormous apple tree. Una shared with me that she was born in this house and that when she was six years old she took an apple pip from an apple she had eaten and planted it at the bottom of her garden. She asked the fairies to look after it and carefully tended to



it through the years. This magnificent tree that I saw before me, nearly eighty years old and almost as high as the house itself, was truly magical. The essence I made from the blossom helps us to feel clear, cleansed and light, no matter how much pollution or 'lack of love' is found in the environment. It is also helpful when our aura feels in need of a 'refresh', such as when we have been in contact with many people, for example when walking in a big crowd.

Another essence, my beautiful *Lichen*, was not made in a city, but on the edge of woodland in the fresh crisp air of the Bordeaux Countryside. Physically lichens are used as a remedy for the lungs and energetically this essence feels like it really helps us to 'let go' of anything which is no longer in one's highest will and good. As with all essences it works on the emotional level rather than the physical and what I have experienced is that it helps so much with letting go that what remains is deep acceptance. This is extremely useful when living in a challenging environment, as being angry or upset at the circumstances one finds oneself in is very draining.

Light Pollution Another really important consideration when looking at living in cities is the effect of light pollution. Thankfully more information is 'coming to light' (pun intended) about this and I personally have found out much about this through working with *Mushroom* Essence. This was also made in Bordeaux, and in the dark, too - in the deepest darkest part of the night! As it was being co-created it began to inform me of how vital it is for us humans to ensure we both respect, and have a deeper understanding of, the dark, and how important it is for our energetic as well as our physiological wellbeing.

Darkness is essential to sleep, an extremely mysterious state of being that up until now has not been fully understood by science. However we know that lack of sleep is at the root of many serious health issues and that it is fundamental to ensure we have exposure to light at the right time. Otherwise the body's 'sleep clock' (Circadian Rhythm) the biological mechanism that regulates the sleep-wake cycle, is altered.



Melatonin, a hormone produced in the brain's pineal gland, is often known as the 'sleep hormone', or 'darkness hormone'. It influences sleep by sending a signal to the brain, telling it that it is time for rest and this helps initiate the body's physiological preparations for sleep: muscles begin to relax, feelings of drowsiness increase, body temperature drops. Melatonin levels naturally rise during the early evening as darkness falls and continue to climb throughout most of the night, peaking at approximately 3am. Then they fall during the early morning and remain low during much of the day. So, not surprisingly, evening light exposure inhibits the naturally timed rise of melatonin and delays the onset of the body's transition to sleep and sleep itself.

Living in cities makes it very difficult to access this natural sleep-wake cycle as there is artificial light in one form or another pretty much all night long, whether that is street lighting or the lights emitted from shops and supermarkets. So, by working with the energetic wisdom of *Mushroom* it becomes easier to come back into harmony with the natural light rhythm and with all the fundamentally positive benefits this brings.

Part II will follow in the Summer 2022 edition, where I will discuss essences to help with EMF pollution and the stresses resulting from overcrowding and isolation.

Sharon

Sharon is the producer of EarthSong Essences and founder of The Energy Recovery Programme. A former archaeologist, she has worked in the Healing Arts for over 25 years as a Holistic Therapist, Lecturer and Trainer.

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Angels and Essences

Helen Ward

"Welcome to the realm of the angels."

One morning recently I heard these words and a lovely warmth settled over me. I was gently told by the angelic presence that I was to be guided on an experience which would be both informative and transformative. Not only that – it could also become an article for the magazine. The angel continued:

"In this we will be explaining many things that are not understood about how 'creation' works, and what angels do for the Earth. This links strongly to essences, for they are the gifts to the Earth from beings on high, working through the radiant minds of those who choose to convey them into form. You are one such, and your numbers will increase as this becomes more and more of a primary 'medicine' for the human being. In future centuries it will certainly be called 'medicine' and other human-devised systems of treatment will be something of a last resort when all else has failed, rather than the way it is now. You are pioneers, working in a world that for the most part does not seem receptive. Yet you are all the ultimate receivers of what is given and what is 'light' on the Earth.

"Today we work through the body of a tree and its essence. It has been chosen for its effectiveness as a 'portal' for this teaching."

Making the Selection

I am then guided to get all the Bach tree essences in a group and to pick one out without knowing which it is. As I take it a gateway of light appears in my mind, leading me to a grove of identical trees. However, I still cannot tell which tree this essence is derived from, as they appear as simple columns of translucent indigo, their light visibly flowing from roots to high slender branches. *"Breathe in,"* says the angel and so I inhale the energy that shimmers off their forms.

"This tree can be considered the 'breath of life,'" says the angel. *"You have not connected to this reality of an essence before. It is profound indeed, for here is the energy of its creation, pure and unrefined by human thought or human intervention. All those who create essences sense this energy as they work to bring essences into being, yet it is not so easy to channel this fully into the water.*

Sometimes it 'downloads' in part; sometimes it is almost fully present. This is not criticism, only a statement that this level we illustrate here, where the tree emerges into existence, lies at a very high vibration that is not easily accessed.

"Yet we angels work with every human producer – and non-human, for all producers have many Beings working with them across various realms – to help capture all that a plant, or crystal, or any other element of nature, can become when pulled into the form you call 'essence'. Let us show you more now."

A bright, shimmering light, white tinged with gold, appears in the grove now, flowing between and around all the trees. It is the light of the angels at work. It intensifies and spreads to form a sphere around the grove, indicating, I think, the unique creation that is this particular tree's existence. It is a truly stunningly beautiful scene and I hear the humming of the trees as they begin to know themselves, singing their own unique song. However, I then sense the emotion of sadness running through their energy lines, realising that their nature links to sadness to be overcome. Everything has its own unique essence, as we know, and even a relatively 'simple' being like a tree knows of its purpose, opening at its creations to hear what it can be, and do, to help relieve a form of suffering or to bring balance to some aspect of the universe. It understands its place in evolution and it works to help others evolve in a particular way.



I hear the angels in the background now, continually singing 'All That Is' into being. Some of us see angels, some of us hear them, some sense them, some just know them as an idea, perhaps. We all wonder quite what they are, on a level of universal understanding and action in the cosmos. Just how 'high' are they? Just what do they do? What intentions do they have?

The angel continues. *"It is important to us to answer your questions, as you wish to understand the various levels of existence, and it is also vital that you work with angels more intently and with more focused awareness. This is true for you in your individual work, yet it also applies to all those who work with essences, particularly those who produce them."*

"Let us make something very clear. Angels dwell alongside everyone in existence, we are not allied with only a few. We are indeed aligned with Creation and you may consider us its 'forces', its structure and its underlying nature. Thus, you may ask, are

we not 'Creation' itself? No, for we do not instigate what is created. Creation happens with intent, from a place of Mind – whether individual mind, as you know it, or eternal, infinite Mind, which you can – naturally – barely comprehend! Once that intention has occurred, we flow through All That Is and work to bring in What Is To Be. That is who we are. We can be called upon when you instigate anything new in your life. When called, we flow into you, surround you, support you, and work with your own higher Mind to create what is needed in your life.

"Creation happens in The Moment, and we supply the structure of that moment, so that a new reality can come into being. Everything you do, everything that is done, is born in that one precious, glorious Moment, and you each live within the sphere – the ever-growing, ever-sensing, ever-loving sphere of this – of who you truly are. Now link with the Tree Sphere for more understanding."

Feeling it Within

The golden sphere of the indigo-blue trees shrinks down in my vision and floats into my heart centre. I realise that to take an essence is to bring the orb of the essence's creation into one's being, so that every cell, every atom, can resonate with it, allowing the potential transformation held within it to find its natural path. However, is it inevitable that it will be some sort of 'watered-down' version of the tree's original creation?

"Yes," says the Angel. "Life on Earth is not conducive to the highest vibrations of this tree's existence manifesting. Yet to call on angels when the essence is being created, to open one's heart to them – as many essence producers do – will be to allow as much of this potential to be realised. Also, to call on angels when one takes the essence will allow a link to our realms so that the healing or re-balancing can be most powerful, and also link one to realms where the most insight, the most 'soul awareness' can be had. Yet what insights do you receive now?"

I am aware again that this tree and its essence link to the sadness of existence that we experience here on Earth. Then I see the trees extending a tendril of energy down into my depths, swirling around my navel area and taking me back to my time in the womb. I hear the song of my own soul, a song of the excitement of any soul in its desire to evolve through an earthly life, overlaid with the sound of the stars and what I bring from my own unique soul evolution. I sense that this tree essence is particularly able to help us link with our soul song, especially if we meditate with it at our heart and call on angels, as I do here. It links to this and it holds the baby through its gestation, reassuring the soul that it can cope with the sadness of the Earth, especially with the exposure to the inevitable pain of the parents, for it is impossible to avoid pain on this planet, even if one is not necessarily conscious of it.

I hear the tree essence singing to every cell in my body, telling it that it can release the emotion of sadness from its mechanisms. I sing my own soul song alongside that of the trees, which feels lovely! Then another tendril of energy flows upwards to my throat chakra to help me express myself better, helping strengthen my 'song'. The tendril then continues upwards, branching into two strands so that it can link with either side of my brain. I am given the insight that this essence helps with perspective, so that we can perceive a reality with less sadness, less emotional pain. We can envisage what that looks like, which is part of the transformation. This also shows me that in using this essence, in quietly calling on the angels, we can increase our sense of their realm around us. We can perceive their role, their work, their vibration in every transformation around us.

I sense now that it is time for me to know which essence this is. So, I pick it up from where I'd placed it out of sight and see that it is **PINE**. This essence,



Pinus sylvestris

according to Mechthild Scheffer, links to “... one of the most existential soul states.”¹ Feelings of guilt and regret are tied up with self-blame, the person always apologising, “perhaps lacking conviction in the heart of hearts that he deserves to be on this Earth.” Scheffer goes on to say that a person in the negative *Pine* state “has to realise what it means, in the profoundest sense, to be a human being, and that the very fact that we live and breathe on this Earth makes any doubt as to our right to exist an utter absurdity.”

I was not surprised that this essence was chosen for my experience as I had been using it not long ago to help my mother before she died, as she was very clearly an example of someone who had lived her life in the extreme negative form of *Pine*. I also realised that I had absorbed a great deal of these *Pine* issues during my time in the womb, which were then reinforced throughout childhood. It helped me understand just how much one can take on the experiences and fundamental energy at work within the parent, particularly the mother – yet also how our souls choose our parents for the life experience we wish to work through.

It is some months since my mother died and I have been very conscious in that time of working on releasing all the inherited patterns that I no longer need to be operating through. Forgiveness of self, and what was handed to the self, is a vital part of *Pine's* gift. So fascinating to see that the angels know what we need and when, in giving me this ‘unknown’ essence to work with! Through this experience I realise that the sadness that this *Pine* state caused within me has been allowed to be eased so that I can increasingly breathe, speak and love from a place of divine flow, without fear of reproach.

I take another drop of the essence and feel the angel's hand on my chest again, warming and comforting me. However, I sense that the angels have more to say about essences, and they confirm this!

Part II of this article will appear in the Summer 2022 edition of ESSENCE.

Helen

Helen is the Editor of the BFVEA ESSENCE magazine and the producer of the Guided Essences. She works as a channelling medium, creating written readings of deep guidance and insight for clients from the level of soul.

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[1] Scheffer, M. (1990) *Bach Flower Therapy* Thorsens



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