

Inner Child Essence

– Product Descriptions for Your Website & Marketing

Inner Child Essences - Created by Shimara Kumara

The Inner Child Essences are designed to help you connect with and heal your Inner Child, transforming the past to create a new future. Transforming the inner child helps you develop a more positive personality, balanced emotions and greater spiritual connection, as well as creating powerful soul growth.

These 36 beautiful Flower & Gem Essence combinations were created by Shimara Kumara at Heartsong to facilitate the healing of your Inner Child and to help you return to the radiance of your pure, true self.

Key Points

- Healing the Inner Child
- Clear focus on positive inner child qualities.
- Transformation of unconscious belief patterns and emotional blocks.

Essence Type: Flower, Gem & Crystal Combination Essences | Stock Level

Size: 15ml

How to Use

A normal adult dosage would be 4 drops on the tongue directly from the bottle between two and four times a day. We'd usually suggest that to gain maximum benefit from your combination you take it directly from stock without further dilution - this gives you the deepest acting effect from the essence. We'd normally recommend that you finish the whole bottle before seeing whether more of that particular essence or another is needed. Preferably take at least 10 minutes away from food and drink. We wouldn't usually recommend giving the Inner Child Essences to children under 12.

Acceptance Essence: Self denial, resentment or 'victim consciousness'

The nature of acceptance is of being at one with life and with the Creator. From acceptance of ones situation stems the ability to feel many other Divine Attributes such as forgiveness and more love.

As we learn to accept the life we have chosen, the circumstances, place and family, we can come to terms with who we are now and how this childhood has fashioned us.

Through loving acceptance of this we can appreciate all we have learned and experienced in this life and we can start to perceive the growth of the Inner Child. We can only be healed through this loving acceptance of who we are, of our unique story which has formed our

individuality. This creates, as we go through life, all that is needed for our soul growth. Acceptance of this brings the opportunity for further transformation.

Benefits

Loving understanding and acceptance of self, one's life experiences & relationships. True appreciation of one's unique gifts and potential.

Indications

Feeling that life is unfair, or that one deserves much better. Unhappy with self and personal circumstances. Anger at the past or bitterness.

Balance Essence: Balance at All Levels, Particularly Emotional

This Essence helps restore balance to those whose personality is very up and down. One day they are in harmony, the next day they are not at peace with themselves at all.

This state is often characterised by indecision or restlessness, with the mind going from one extreme to another as it becomes over-stimulated and excitable. These are all symptoms of an unbalanced solar plexus chakra, indicative of emotional problems in childhood. When this chakra is not clear and fully functioning it can also cause disturbances to develop in the related areas of the etheric blueprint.

As this essence is taken you may become very aware of any changes you need to make in your outer circumstances to bring more balance and harmony to your life. You may also feel more emotionally in control, with greater clarity of mind. This essence will also help to balance the solar plexus with the brow chakra and is therefore very helpful for the inner child with psychic gifts.

Benefits

Complete balance of mind and emotions. Ability to integrate all life experiences. Self empowered. Able to create boundaries to give more space for self.

Indications

Restless or oversensitive; mood swings, constantly up and down. Unbalanced emotions with an oversensitive Solar plexus and all that this entails. Too open to lower astral energies.

Be Here Now Essence: Grounding

Sustaining the development of the Inner Child through the grounding of energies. When it is difficult to consciously work on Inner Child issues, through the desire to escape and leave the body when the going gets tough, this is the time to take this essence.

Helps one to be here NOW, to be fully present and awake, so that our transformation may continue, ensuring that nothing is missed and we graciously look at all that is presented to us as opportunities for growth of the Inner Child.

Benefits

Alert, fully present. More organised and focused. Has energy and enthusiasm to put one's dreams and ideals into practice, realising one's Divine Mission and full potential in life.

Indications

Spaced out, inattentive, unbalanced behaviour or lacking vital energy. May not hear what others say, possibly clumsy with many 'accidents'. Living in a dream world; unable to manifest one's Divine Mission in life.

Birth Essence: Releases Birth Trauma

Held in the consciousness of every Inner Child is the memory of birthing into a physical body. For most of us our birth was one of the most traumatic events of our life. Moving out through the birth canal, leaving the safety and warmth of our mother's womb to enter a cold world, often to be confronted with slaps, surgery and a clinical antiseptic hospital atmosphere was a great shock.

Ideally immediate cuddles and the reassurance of our mother's love is what is really needed, with the cord being cut in this position wherever possible. Thankfully, more and more aware mothers are now choosing a natural birth in a warm water pool with relaxing music being played for the sacred act of birth. This essence releases birth trauma.

Benefits

Secure and happy being here, no need to be constantly 'mothered'. Able to embrace change & transformation with ease and grace.

Indications

Unwilling to be fully present. Patterns that relate to birth difficulties. (May also be indicated during major life changes and transitions).

Courage Essence: Releasing & Clearing Fears including Karmic Fears

The courage of a child can be seen clearly when the aspect of fearlessness takes over and the child climbs a tree many times its own size with no fear of falling.

Many fears and anxieties, however, are developed in childhood through parental and other influences. Fear becomes instilled in the child each time it is told that something is dangerous or harmful and then the outside world can start to be looked upon in terror. Fears can also be developed through ill treatment, and a direct relationship can often be

found between the terror of a child who is beaten or abused and a lack of well being later in life.

This is a very important combination as buried fear can often be the underlying energy behind many other patterns, such as anger and guilt for instance. As this essence is taken it is transmuting fears developed in childhood very gently, layer by layer, allowing the innate natural courage that we all hold within our hearts to expand and grow.

Benefits

Fearlessness. Challenges inspire one to act in a positive way, rather than re-act through fear. Courageous.

Indications

Nervous or anxious. Subconscious fears and phobias inhibiting or ruling one's life. May feel cold all the time. Possible difficulties sleeping at night due to subconscious fears or nightmares.

Decisive Essence: Lacking Trust in One's Own Judgement, Intuition

Indecision comes when we are not able to trust our intuition, for this aspect of our divine nature will always guide us to the right decision.

The intuition, while being a sacred gift through our connection to our higher-self, is also something much more tangible. If we practise listening to it and also, as importantly, feeling it, the intuition will grow stronger until we know which decision to make in any given circumstances. This also takes trust, both in the feelings themselves and also Mother-Father God or the Universe, for we are a part of that whole. It is through the integration of our higher spiritual nature and our human emotions & feelings that we are to evolve, grow and ultimately to transcend matter.

Decision making can be as simple as following what feels right in the heart, as long as one is humble and puts the ego to one side. Try to detach oneself emotionally from the outcome of any decision, always asking for the highest divine good in any situation. Some decisions are easier than others, for instance, say we go into a shop for a new dress. If we are in a good space, we walk in the shop and instinctively know which colour & style will suit us best, often this will be the first dress we go for. If someone is with us, they can interfere with our choice, making suggestions, and we may be influenced by them into trying on half the shop, or even buy something we don't really like.

So it is important to be in our own calm space, especially when making important decisions. These need to be made in a meditative space, over a period of time, but also balanced with practical aspects. This essence helps us become more naturally decisive.

Benefits

Decisive. Always trusting one's intuition, balanced judgement or inner guidance; uninfluenced by the choices/opinions of others.

Indications

Too mental in approach to life. Inability to link up issues clearly to make decisions. Often fear of doing the 'wrong' thing due to past mistakes.

Delight Essence: Helps Transform Over Seriousness or Despondency

A young child has the ability to delight in the simple pleasures of life, a playfulness which is completely unselfconscious and full of natural aliveness. This quality brings great fun to the child as it feels the energies of joy coming from the heart. The wonderful smile of a child can lighten any heart and brings cheer to all who see it, as people are able to release their burdens and sorrows for a few moments of wonder.

This essence brings with it the qualities of playfulness, joy and simple delight in life and all experiences, thus dissolving some of the serious nature which we felt we had to develop as we became a responsible grown-up. We can then learn to take ourselves more lightly and life becomes delightful.

Benefits

Joyful, positive nature, full of kindness, laughter and good humour.

Indications

Despondency, gloom, possible resentment. Lacking spontaneity.

Faith Essence: Lacking Faith and Trust

Our original faith in a truly loving Creator, a Mother Earth which supports and nurtures us through life, and a Divine Universe which shows us the path home through the wondrous stars, is restored with this sacred essence.

Remember the wonder with which we stared at the night sky in all its radiance, as a child, with the inner knowing that all was well, regardless of how bad our outer circumstances may have seemed. Remember the loving feeling of Oneness with all the majesty of stars and planets. These are the feelings that are rekindled through the use of this beautiful combination.

As we looked upon the heavens in childhood there was no possible doubt in our minds that we were a part of this magical, magnificent Universe, and God's plan. We knew of our origins in the stars before our sojourn of earthly incarnations and felt Divine Love flowing from our hearts to all our brothers and sisters still embodying the light on other planets. Through this inner knowing held in our hearts, (not just our minds!), we develop faith and trust, in life and in our relationships. The child with its open heart chakra will instinctively know who and what to trust. This trust can become lost as incidents and circumstances can

deeply wound the heart and subconsciously the child starts to build subtle layers around the heart chakra as a protective measure, so as never to be hurt again. A parent leaves, either through death or divorce, or even simply not being there for the child, who can ever be trusted again?

These patterns and many others are then carried into adulthood, held unknowingly in the subconscious mind, and will then affect all future relationships. Each time the faith and trust button is pressed (and the Universe will give us many such opportunities to recognize the pattern and change it!) doubt or mistrust will spring up in the heart giving us emotional pain, and causing great difficulties in close relationships. This essence will help to restore the sacred faith and trust in our hearts.

Benefits

Unshakeable trust and faith in life. Deep inner knowing that everything is in its right place and that we really do create what we project out into the world.

Indications

Sceptical, pessimistic or doubting nature, with an overly logical, questioning mind. Lack of trust often creates exactly the imagined 'negative', yet unwanted results within any situation, relationship or event.

Family Essence: Helps to Clear and Release Inherited Family Patterns

This essence helps to release the 'negative' patterning of ones ancestors and transform it. This helps to change our consciousness and further heal the Inner Child.

In later life, as we remember back to our grandparents or great-grandparents, we can see how their personalities have fashioned our family life experience, sometimes for the better, sometimes for the worse. The blood bond is continuous, it forms a time-line of energy which helps create the pattern and consciousness of us. The saying "blood is thicker than water" often seems to be a misnomer as many of us say we can "choose friends but not relations", not realising we chose the exact family to help us clear karma and patterns before incarnating. The hatred, anger or judgement of a past ancestor will carry on down through the family, influencing the behaviour of future generations. So too are carried the guilt and karmic burden of murder and other acts. All are held within the energetic patterning and subconscious of the Inner Child.

This essence helps to release these energetic frequencies, thus transforming not just the self, but also the whole ancestral bloodline and the spirit of the past, through the power of love.

Father Essence: Father Issues or Patterns Relating to Men

This very important essence helps to release any difficult patterns or emotions related to the father or father figure. Helps develop more love, understanding and forgiveness in the relationship and brings balance to ones own masculine nature, women need this too!

Forgiveness Essence: Opens the Heart to More Love and Forgiveness

To see true forgiveness in action, watch a pure innocent young child, untainted by the travails of life, forgiving immediately the parent who has just scolded them. Watch the dog who has been beaten by his master, who, with open heart and love, goes to lick and console this person who now maybe feels guilty.

For-give means our love is for-giving. Forgiveness is a place within our heart chakras where there is no judgement of ourselves or others. When we judge another we become resentful of that person and hence forgiveness is impossible. By releasing our judgement of situations in childhood, or the way people behaved towards us, through an understanding that none are perfect (including ourselves), we are more able to access that closed off portion of our heart chakra to bring true forgiveness and love to really transform the situations & relationships of the past.

This combination of essences works by helping us to release judgement, so that love and forgiveness may take its place.

Benefits

Loving, forgiving, understanding and accepting nature. 'Lets go', doesn't 'hold on' to the past. Truly heart-centred.

Indications

Easily bears grudges, hard-hearted or judgemental. Bitterness. May inwardly be in denial of any difficult relationships, to avoid facing inner feelings or suppressed anger.

Freedom Essence: Releasing Controlling Aspects of One's Personality

Freedom Essence helps us to regain the freedom of our true self by releasing controlling aspects of our personality.

The need to emotionally or mentally control others often stems from a childhood when either or both parents held these patterns, and hence became our role model. These rigid behavioural patterns are also, often, karmic in origin and go very deep. The outward need to control others is often the reflection of a harsh inner life, where continual criticism & self-judgement become externalised. The need to always be right, is one sign that this essence is needed, as Dr. Edward Bach said: "Give others their freedom and gain your own".

Underneath these negative patterns is always a deep sense of fear and insecurity. The school bully is wanting to show how powerful he really is, but only picks on those weaker than himself, therefore not showing true courage & strength, but weakness. The need to dominate & control others only leads to unhappiness as those around us feel used, angry and disempowered.

True freedom comes from freeing our spirit, our judgements, & recognising that our true power comes from an open heart chakra. Those we free can then become their true selves on their own unique paths, and our relationships become much stronger in this freedom.

Benefits

Inner strength and self assurance. Seeing all as equals. Appreciates other peoples unique gifts. Lets others learn and grow in their own way, without needing to 'help' or 'direct' them all the time.

Indications

Controlling or dominating behaviour. Rigid personality. May have an over-blown sense of self-importance. Always in the 'right'. Usually disinterest or fear of any situation where not playing a leading role.

Goodwill Essence: Releasing Deep Rooted Recent or Suppressed Anger

During childhood there is always anger of one kind or another, although in adulthood we may choose not to remember and thus suppress the anger we felt in those moments of youth. This particularly happens when we have been taught that anger is not right and have learned to suppress angry feelings in order to be a "good" person and thereby gain the love and approval of our parents or teachers.

However, this can leave us feeling impotent in future situations that make us angry, as we are then not able to give free expression to the emotion that comes naturally to us. This eventually leads to blocked energy in the sacral chakra and throat chakra, with the result that they become dysfunctional along with the related areas of the etheric blueprint.

This essence helps to release and transmute this blocked energy, particularly when perpetuated in childhood. This can eventually lead to a natural expression of anger, but transmuted through a loving heart chakra so that it does not damage another, but releases a powerful, creative energy from within which can be used to empower ourselves and help transform our environment into a more honest and creative place.

Benefits

Equanimity in all situations. Able to express oneself clearly in difficult situations or disagreements, in the moment, lovingly from the heart, honestly acknowledging any anger we may feel.

Indications

Draws in confrontational situations (i.e. always meeting other 'angry' people) which then reinforces ill feeling or unconscious hostility towards others. May be in denial of inner feelings with lack of self-expression, creating many blockages at the Throat chakra.

Gratitude Essence: Transforming Ungratefulness or Resentment

Gratitude, like forgiving, stems from an open heart chakra. Another aspect of the Inner Child's wonder at the majesty of life and creation.

When we give thanks for the great gift of this sacred life and the endless opportunities this opens up for us, we become a part of the living stream of consciousness called creation. In this stream we are one with all life forms, all possibilities and the sacredness of being here. It is through gratefulness then, that we can access our Divine Abundance, as this is part of this flow, this oneness.

As we learn to recognise that our childhood was a unique situation which gave us all opportunities for soul and personality growth, we can look back with gratitude as our Inner Child becomes transformed. Each day presents us with more to be grateful for, and as our hearts expand with love, praise and thanks to our great Creator, so more of that natural abundance (our birthright) will manifest in our lives. Gratitude is the key.

Benefits

Genuinely appreciative of everyone and all things in one's life. Expresses this appreciation and joy to all.

Indications

Difficult to please. Appreciates little in life, usually taking life's gifts and others for granted. Resentful nature. Rarely says thank you.

Grief Essence: Transmuting Grief and Emotional Loss

This essence works powerfully at an emotional level, releasing and transmuting grief in all its forms. While it is working on the recent grief of loss of loved ones through death, divorce and other more subtle forms of loss such as home, work or pets for instance, this essence has the unique ability to work at even deeper levels.

When we lose someone very close to us in childhood, especially a mother or father, the severe emotional impact of this profoundly affects the whole of our life. The grief we feel at that loss, whether through death, divorce of parents, and especially adopted children who never knew parents, is usually unexpressed at the time, either through shock, or other family members encouraging us to put a brave face on, not to cry or even discuss what has happened. This unexpressed grief then gets pushed down gradually until it becomes a dull ache in the heart chakra and creating subconscious fears.

If these feeling and issues are not worked on, eventually that blocked heart chakra will lead to weakness in the energetic blueprint. When we have a spiritual understanding of the eternal life of the soul, death can become a celebration of the gift of life that person has given us and the world - but even then we must acknowledge our grief, which is often sadness for our own loss and the fact that we will never see that person again in a physical form in this life and allow ourselves to acknowledge these feelings fully; for only then can

they be transmuted through an open and loving heart chakra. The love that existed between you can never die and they will always live on, both in the higher planes of existence and also in the heart.

Benefits

More love & understanding of the transient nature of life and yet more awareness of the eternal nature of the soul & spirit. More joy as one realises and feels that, ultimately, one only grieves for one's own loss.

Indications

Deep feelings of sadness and loss, often after death of a loved one. Feels inconsolable and despondent. Emotional emptiness. Self pity.

Guardian Angel Essence: Connecting with ones Guardian Angel, & Higher Self

Each of us is assigned a guardian angel to help us link into our inherent spiritual nature and connection with our divine light. This angelic being is drawn close to us at our birth, and the link is forged then, to continue through this lifetime, and afterwards, to help us in many other incarnations.

Those of a sensitive nature may be aware of the presence of this angel, which represents our own angelic inner self, especially during moments of stillness or during meditation. We may even learn how to communicate with this divine presence to receive help, healing or clear guidance on our path. This is always given for our highest divine good as the purpose of the guardian angel is to give us spiritual help and sustenance whenever it is needed.

The angelic realms have never taken on a physical body on earth, choosing instead to help and support humanity from the higher spiritual dimensions. We, in our physical density, eventually realise the need to make contact with these finer, more harmonious vibrations, so that we may incorporate our spiritual nature into our physical lives. This takes dedication to bring more stillness, silence and meditation into our everyday life, as only then can we learn to feel the presence of our guardian angel. Only then can these finer frequencies attune themselves to our rising consciousness and form a stronger link.

The Guardian Angel Essence helps with this connection, to make it stronger, that we may more consciously connect to the divine.

Benefits

Feels inspired and connected to one's higher self through gentle support, protection and guidance from one's Guardian Angel.

Indications

To forge a stronger link with one's spiritual path, spiritual self and soul for increased clarity and purpose in life. Helps develop more faith and understanding in the Angelic Realms that continually surround and support us.

Humility Essence: Transforming Pride, Superiority & Separation

True humility shows a deep inner knowing of the Oneness of all life. It is a reflection of knowing from the heart, not just the head, that all mankind are in fact one. "What you do unto my brother, you do unto me" expresses this level of consciousness exactly.

Ultimately we realise that all humanity is just one family and that on other dimensions each of us is connected at subtle levels with each other. Therefore all the energies both positive and negative that we see in others, is simply a reflection of some part of our own consciousness, whether we are aware of it or not. While we are all unique individuals, the paradox is that none of us are separate from the whole. Therefore no-one is better or more superior than another, one only has different life experiences or knowledge. The way the personality expresses that realisation gives a clue as to how spiritually evolved they actually are.

A humble person will share their help, skills or knowledge with others, without seeming to come from a more advanced or better level. They show no distinction between a beggar and a king, for they themselves know that they could be either. They share their love and light in humble, Divine Service to others. This Essence helps to change our consciousness that we may become more like them.

Benefits

Ability to fully integrate with and relate to others in a truly heart centred way, without fears of 'over-involvement', creating emotional cords, or losing one's own identity. Becoming more human.

Indications

Too proud and aloof, finds it difficult to truly empathise and connect emotionally with others due to fears and barriers around the heart. Personal relationships that do not develop a truly loving expression.

Innocence Essence: Transforms Feelings of Guilt and Uncleanliness

A child is pure and naturally unselfconscious in thoughts and actions and there is no part of its mind or body that is not an innocent expression of the Divine.

However if the child is taught that its own body, natural bodily functions or sexuality are something to be ashamed of, a subconscious pattern of guilt and uncleanliness will develop. This not only hinders the development of truly loving and balanced sexual relationships with future partners but will also lead to a damaging lack of self-love.

The Innocence essence helps release these issues, promoting a return to the purity and innocence of our true Divine nature.

Benefits

Engenders feelings of purity, innocence and self-love. It becomes easier to have pure and innocent thoughts, and to forgive oneself, releasing guilt.

Indications

Self-dislike, self-disgust & all feelings of guilt & uncleanness, especially over issues relating to sexual expression and intimacy.

Intimacy Essence: Developing a More Loving and Affectionate Nature

Often in childhood there is a lack of closeness with the immediate family. This is often due to the parents inability to fully love or to express that love outwardly.

This is usually passed down through families, and if one finds it difficult to spontaneously hug another or express the emotion of love, through words or actions, then one will assume that this is a natural way to be and so grows up unable to experience true intimacy of feelings with another person.

The child may grow up feeling that really open loving communication was denied, even though knowing at a deeper level that they were in fact loved despite the lack of expression. Thus barriers are created around the heart chakra which keeps others some distance away, unable to come together in a truly close and loving way, and there will always be a silent and cold space within which yearns for really deep and close contact with another.

Benefits

Affectionate, loving nature. No problem communicating and expressing these feelings in a spontaneous, demonstrative way – with a warm smile or a loving hug – appropriate to the situation.

Indications

Fear of relationships. Cannot express love and affection to those close in an informal or spontaneous way. Fears physical and emotional intimacy with others.

Love Essence: Developing More Unconditional or Divine Love

This beautiful essence helps to expand the Divine Love nature. Our natural way of being is one of Unconditional Love for all, as seen expressed through a small child who simply loves everyone and everything.

The child sees no difference between people, animals, flowers, stones or even the very soil of Mother Earth as the love is felt for all of God's creations. As the human state progresses

this purest and highest heart chakra energy may become suppressed, blocked or simply distorted.

Most of humanity at this present time on earth are operating from a base of fear. Over eons of time this has lowered the frequency of pure, Unconditional Love emanating from an open heart chakra to a denser vibration of conditional love which is more selfish in nature and is based at the solar plexus chakra. Most people are completely unaware of this and think that the love they feel for those closest to them is all that there is.

This lower, distorted form of love, however, usually has many conditions attached to it, albeit subconsciously, and is a slave to the negative ego aspects of fear, greed, power and the need to manipulate others. This creates subtle emotional and mental ties and cords to others, which can be seen or felt in the aura, and which effectively keep others enslaved, dis-empowered or lacking in energy, for as long as the other person allows the game to go on.

As we raise our levels of consciousness to the heart chakra so we also raise our love nature to that of pure, Divine Love. This releases us from all lower self ties and we can simply and lovingly refuse to get involved with anything less than perfect love, thus giving an opportunity for everyone around us to change.

This supreme essence works very gently to expand the Divine Love already held within the heart chakra of our inner child, waiting patiently until such time as we are willing and able to feel and experience Love again.

Benefits

Unconditionally Loving – without conditions.

Indications

Too hard-hearted or unloving, possibly due to past emotional hurts and wounds. Puts conditions on 'love' with many demands, cords and ties, or attachments.

Mother Essence: Mother Issues or Patterns Related to Women

This essence helps to release any difficult patterns or emotions related to the mother or mother figure. Helps develop more love, understanding and forgiveness in the relationship and also helps one to feel more at ease with the more feminine and nurturing aspects of one's nature, men need this too!

Benefits

More love, compassion or forgiveness towards one's mother. Helps develop the more nurturing, intuitive, feminine, sensitive and creative aspects of one's nature. Better relationships with women in general.

Indications

Anger, difficulty sadness over relationship with one's mother and/or problems with feminine or receptive side of one's own nature. Possibly oversensitive or emotionally needy. Problems with female issues.

Mother Earth Essence: Ungroundedness - Fears Related to Being on Earth

Held in the memory banks of our Inner Child is often an awareness of being on the earth plane during times of her transition and shock.

Memories of being involved in earthquakes, tidal waves, erupting volcanoes, wars and bombings are just some of the energies released and transmuted by this essence. These memories may be held in the very deep subconscious as patterns from past lives, societies fears or even from this life.

All these energies create fear of being on Mother Earth and feelings that it is unsafe to be in a physical body. It is most important that we all learn to be happy in our sweet body, knowing it to be the sacred vehicle we have chosen to help bring love and light to Mother Earth and heal ourselves.

This essence helps us to feel safe and nurtured by Mother Earth on our Divine Path, essential to our well-being.

Benefits

Feels confident and secure in all situations however alarming they may outwardly appear. Knows that all is in Divine Order. Enjoys being out in Mother Nature, feels very connected to Mother Earth. Fully present and grounded.

Indications

Anxieties and fears often related to the wild, seemingly untameable & capricious aspects of Mother Nature. Constantly insecure as unconsciously perceives the whole world as a very unsafe place to be. Possibly spaced out, with many 'accidents'.

Moving Forward Essence: Feeling Stuck in a Rut or Unable to Move On

There are many times in our life where we feel stuck and unable to move forward.

On our path of transformation as we work on ourselves, consciously releasing patterns that no longer serve our Highest Divine Good, we feel happier and experience more joy in life as we are changing. We often experience a time of peace as our vibrational frequencies are raised to higher levels, giving us an expanded consciousness, as we need time to assimilate our new energies before our higher-self once again releases old or subconscious patterns to work on. This time period is like a plateau, or levelling out point.

It is often at this time that we start to feel stuck, especially when old patterns start to rear their heads and we think "Oh no, I thought I had dealt with that issue!". We may feel frustrated, angry or despairing even though we fully realise that there are many layers to

each of our personality issues, and that these can only be cleared a layer at a time, as we move deeper and deeper to the heart of the pattern for healing at soul level. At other times we may just get a feeling that it is time for change, time to move on to something new in some area of our life.

Moving Forward is the essence of choice for these often difficult periods in life.

Benefits

Manifests one's visions. Enjoys change, takes new challenges in one's stride. Awareness and acceptance that one needs to fully work through any issue to avoid getting 'stuck' and repeating the same scenarios.

Indications

Not knowing where to go or what to do next. Keeps repeating the same patterns or mistakes. Needs change, but unable to move out of the comfort of one's 'security zone' through fear or inertia.

Obsessions Essence: Obsessive or Compulsive Behaviour Patterns

Obsessions and addictive tendencies can cause many problems in life and much sorrow.

These patterns may be issues we have come in to this life to work on, which are then brought into consciousness by parents who display them. The father who goes out to drink most nights may pass the idea to the child that this is accepted behaviour (especially when the mother complies) and this may give them alcoholic tendencies when they grow up; although it may sometimes give the opposite - a strong aversion. The same applies to smoking, excessive or unhealthy food intake, drugs or sexual issues; and all the more subtle patterns.

Obsessional patterns are usually karmic in origin, and again we may choose the exact parents who will amplify or trigger these energies, so we may later work on and clear them, for the growth of our soul. Obsessions in their most extreme form can be seen in stalkers who follow famous people around and may wish to do them harm. In a more minor form, the obsession becomes all the mind wants to focus on, to the exclusion of all else. In a sense, it is another kind of escapism from normal life, and not wishing to be fully present, whether the person is obsessed by books, crystals, sex or anything else.

Most of us have obsessions and addictions of one kind or another. Often they are rather more subtle; we can be addicted to always being right, or to diets, to travelling or any of a thousand other patterns. This essence will help release our trapped thoughts & emotional energies, to help us to become a more balanced and happy person.

Benefits

Healthy interest in many things, yet the ability to detach & let go – thus seeing their value within a wider, more inclusive perspective.

Indications

Focuses on one thing, to the exclusion of all else – cannot see a wider picture. Self-gratification or addictive behaviour that perpetuates itself as that part of one's consciousness gets stuck in the lower astral levels.

Peace Essence: Releasing and Transforming Shock & Trauma

During childhood there can be many incidents which create shocks through all dimensions of our being, leaving disturbances in our energetic patterning.

Any kind of trauma in early years will cause a ripple effect which continues to affect us throughout the rest of our life, until it is released. Besides the obvious ones such as death of a parent or close friend, cruel treatment, sexual abuse or involvement in wars, there are other issues, which, in comparison may seem insignificant but which can also have a very strong effect on the young mind. Abuse at school by teachers or peers can shatter our confidence for life, as can the divorce of parents, or moving house and leaving ones friends behind and having to adjust to new schools. To a child these are all major issues but often the emotional responses to these are suppressed at the time for various reasons, only to haunt us later in life as subconscious patterns.

All these and more will continue to disturb our inner peace until they are brought to the light for transformation.. This essence will help to do just that and more. Be prepared for memories from childhood or the resulting thought patterns or emotions to come into your consciousness, to be gently released and transmuted. This process can often happen in our sleep if it would be too traumatic to deal with consciously. Ask the angels and your Higher Self to help you with this if you need to.

This is deep healing for the inner child on all levels.

Benefits

Unshakeable inner peace. Courage to look at and release any shock or trauma as it happens, and also from the past, rather than shutting down one's emotional responses through fear.

Indications

Shadows cloud one's true radiance. Undermined confidence. Feeling numb or frozen inside, as if in a state of 'suspended animation'.

Prosperity Essence: 'Poverty Consciousness' into Divine Abundance

Prosperity means to 'have plenty of', this is also a state called Divine Abundance.

Some people are born with a natural form of this divine energy, regardless of their childhood circumstances. We all know someone like this, who leads a charmed life, with good things always happening to them, and their needs always being met. This is often because of the good karma which has been accrued from past lives. To reach this divine

state we need to release poverty consciousness and the thoughts which tell us that we will never have enough.

Often these patterns have been developed in childhood, usually where the child has chosen to incarnate in a poor family where there is never enough money, so that we may work on these energies for the growth of our soul. We also need to feel deserving. In our natural, connected state we know that Mother/Father God wants us have everything we need, as a pure expression of the Divine on Earth. It is our own thoughts and feelings that block this channel of energy, for it is not just money, but all good things that make life worth living - loving relationships, creative fulfilling work, healthy food and a harmonious place to live.

This essence is helping to break up these negative thought and emotional patterns so that more abundance can flow in our lives and we learn to prosper.

Benefits

Divine Abundance flows in all aspects of one's life. Trust in the Universe to supply all one's needs when following one's Divine Path.

Indications

Feelings of lack and that there will 'never be enough'. However much one has, the lingering fear remains, consequently often hoards things, blocking the flow of abundance. These feelings of lack, of being undeserving permeate all aspects of one's life affecting all relationships with others.

Protected Essence: Oversensitivity to Environment & Energy of Others

At those times when we feel utterly vulnerable to both the energies of others and the environment around us, this essence will help us to feel much more protected and less open to outside influences.

The need to feel more protection often stems from childhood where there has been abuse of one kind or another. Also there are individuals who, having entered this lifetime with increased sensitivity, or as a first life on this sacred planet, will feel the need for this essence. Those who have chosen to incarnate to work with healing and psychic gifts are not called 'sensitives' for nothing. It is our heightened sensitivity which, when balanced, allows us the privilege of feeling and working with higher energies, instinctively feeling the needs of others, tuning in for essences or sensing the subtle energies of ley lines and Mother Earth herself.

This essence will help to give us a stronger and more balanced Solar-plexus chakra (the lower psychic centre), creating a shield of protection around this vulnerable emotional centre, & building up a stronger auric field so that any "negative" energies or thought patterns encountered may simply bounce off the subtle bodies, no longer penetrating the emotional senses.

This does not mean you will be unaware of them with your thoughts, but you will be able to feel more compassion as they no longer affect you emotionally. This gives you the space to open your heart more, for when this higher centre is fully open the Unconditional Love in your heart allows you to feel your vulnerability without fear. As it says in the Course in Miracles: "Vulnerability is Perfect Protection".

Benefits

Balanced sensitivity. Can empathise with others without getting drained or corded in emotionally. Does not feel vulnerable in crowded, oppressive or discordant environments.

Indications

Feels vulnerable in crowded situations. Adversely affected by the emotional energies of others. Picks up too much on how others are feeling. Often becomes overwhelmed and drained of energy.

Relate Essence: Communicating with Others in an Open & Honest Way

This combination of essences helps to bring a raise in consciousness. This will then help us to have more understanding, at a deeper level than before, of situations in childhood, and particularly our own emotional re-actions which were developed as mechanisms for the child's survival.

As an example, if the child was denied a fathers love, that child may have reacted by always trying to please him in order to win his love. The child may have then grown up with this pattern, then projected it onto men in general, and will always be trying to win their approval.

This can be at great detriment to their own personality development and creative growth. They will then continue to draw to them in all relationships with men, those who would abuse them or bully them, subjugating the persons own needs to second place. Until, that is, the pattern is recognised, worked on and healed. Then we no longer attract dysfunctional relationships and open the door to more harmony.

This is just one example of the many re-actions and emotional responses we develop in childhood which later need healing.

Benefits

Is more one's true self, relating openly and honestly from the heart, in the now – without an overriding need to please, requiring approval or feeling nervous.

Indications

Difficulty expressing one's true thoughts and feelings. Tendency to relate to others based on past preconceptions, or a need for approval. Suppressed anger or frustration through

inability to express or be one's true self in the presence of others. May have colds, coughs or throat problems.

Release Essence: Releasing Emotional Cords, Attachments & Neediness

With this essence we are working on releasing emotional neediness and the energies that generate them.

These patterns affect almost all humanity, as we learn to raise the energy of what is commonly known as 'love', on earth, from the Solar-plexus to the Heart Chakra. This creates a higher frequency of love, known as Unconditional Love, in which emotional neediness does not exist.

Archetypes calling for this essence are the 'needy child' and 'needy mother', although it is helpful & necessary for all of us to release emotional ties with others. For that is what happens, on an emotional level, as through our neediness we create etheric cords/ties to others. Our Inner Child is crying out for attention and at a subconscious level is needing love. This need creates the subtle, yet powerful connections to others, usually creating an etheric link, through our thoughts, at the Solar-plexus chakra.

In the extreme state we can drain the energy of others, and they too can drain us. Letting go of emotional neediness & attachments, even to those closest to us is deep Inner Child healing and one of the most powerful things we can do. We then start to develop more emotional detachment & are able to stand in our own energy field in a more balanced and unconditionally loving state.

Benefits

Stands in one's own energy. More emotionally complete and balanced. Starts to feel and experience more Unconditional Love.

Indications

Cannot let go of people, situations or events. Emotionally insecure, requires attention or to feel needed. Can at times be very conditional or contrary. Over emotional, easily feels hurt and sorry for oneself

Self Worth Essence: For Loving and Valuing Ourselves Unconditionally

Self worth equates with honouring who we really are and our true value to others, the world and ourselves. When we truly value our existence and our unique individual qualities, we are able to be an expression of the Divine here on Mother Earth. It is then easier to become confident and to achieve that which we came here to do.

When we feel worthy and good enough there is no need to strive for success of any form as it will come easily and quite naturally from our good opinion & emotional honesty of who we really are, and unconditional love for our TRUE SELF. The associated thoughts will be that we can do anything which we feel guided from the heart to do, and in the completion of

that work will come such deep satisfaction, appreciation of our life and our innate, natural gifts.

This is a completely different, spiritual approach to that of the ego of those lacking self worth. Then, the ego's voice will urge us to strive, overwork and torture ourselves to achieve, to gain more wealth, and all the external expressions of money or fame. Life then becomes a treadmill as we become a slave to the ego driven by a subconscious lack of self worth.

As we take this essence and develop more Self-Worth, this divine quality helps us become more of who we really are, easily & effortlessly.

Benefits

Values oneself, one's time, one's unique gifts and talents fully. No inner need to 'prove' one's worth or ability, to punish oneself or to compare oneself with others.

Indications

Self dislike, damaged self image or low self esteem. Feels unworthy, beats oneself up for not being 'good enough'. May strive to achieve or overwork to prove oneself and compensate for inner lack of self worth.

Simplicity Essence: Transforming an Overly Logical & Complicated Mind

In today's society a child is taught at school that it is best to become intellectual and there is a strong focus on the need to be able to achieve academically.

Not only is this pressurised approach very difficult for a child, it can also make us too mental in our approach to life. We can then easily lose our connection to the natural world, our instincts, feelings and intuition. When this happens, the masculine, rational, intellectual side of our nature, becomes too stimulated and overloaded, creating unnecessary pressure, headaches and the inability to relax.

Our natural state is one of balance in which our masculine and feminine natures work in harmony with each other. As we start to use the feminine creative, intuitive and receptive side of our nature alongside the masculine, we find that everything becomes much easier and that often the simplest ideas and ways of doing things are the best. When we were told in the bible that we need to "become as simple as little children to enter the kingdom of heaven" it did not mean that we become stupid or silly, but that we need to release our need to complicate things and retain that wonderful simplicity and openness of the child. To do this we also need to release our ego's pride and feelings of superiority as we humbly acknowledge our position as a child of Mother/Father God here in Divine Service to our fellow man and equal to all other beings on this dear earth.

This essence helps us to return, in all humility, to the uncomplicated child that we once were.

Benefits

Uncomplicated, balanced intuition. Life flows with ease as one develops greater ability to feel, trust, sense or simply 'know' what is right in any given situation, without having to 'work it all out'.

Indications

Very mental in approach to life. Always complicates by trying to work everything out in a rational, logical, intellectual way. Blocked intuition; lacks faith & trust as finds it difficult to see things from a wider, more inclusive perspective.

Soul Gifts Essence: Infusing Divine Soul Qualities into Daily Life

This essence is one which helps us to remember our Soul gifts. These are the Divine Attributes which we carry within our akashic record, or Soul memory.

During previous lifetimes we have developed genuine talents which are many and varied, depending on our own particular soul journey. Each of us has chosen to learn about Unconditional Love through a different stream of conscious living, choosing to learn through fear, guilt or other ego patterns. As these are overcome, so we develop joy, peace, balance and many more wonderful qualities.

We also develop talents such as musicianship, artistry, knowledge of plants, and anything else you care to imagine. The ability to communicate with angels or to be really good at making things with one's hands for instance, are often the memories flooding through from previous incarnations.

Most of us have not even begun to access these treasures held in the secret recesses of our soul. This essence will help to bring through these Divine Accomplishments into our consciousness that we may utilise them now on our divine path for the joy and benefit of others and ourselves. This essence is best used in conjunction with meditation.

Benefits

Enriches and inspires life through increased contact with one's Soul and Divine Abilities. Feels more joy and finds it easier to go within for guidance. Manifests one's creative and artistic inspiration.

Indications

Deep inner knowing that one has 'untapped' talents & creative gifts. May feel lacking in certain areas, at odds with one's inner feelings.

Soul Retrieval Essence: Re-integrating 'Lost' Aspects of One's Personality

When we go through difficult times in life and especially when there is shock or trauma involved, it is very easy to become ungrounded.

In this state of not wanting to be here, the personality will often reject or deny some of the issues involved, not wanting to acknowledge them or to feel the related emotional pain. During this process of rejection, parts of the personality can splinter off the whole to leave the individual somehow incomplete. With this comes a feeling of not being totally “together”.

The painful memories are usually buried deeply and make their way into the subconscious, where they will sit waiting for the time when they can rise into the mind for transformation into light. The process of drawing back the missing parts into the fractured personality is called Soul Retrieval. This means to retrieve the sparks of consciousness which have been lost, so as to make the personality whole again.

Soul Retrieval essence helps return that which is lost and to help complete the inner child.

Benefits

Feels more whole, joyful and more one's true self. Easily lets go of past fears/emotional pain as one re-integrates aspects of one's Soul.

Indications

Incomplete or clouded personality. Damaged faith and trust in life. Often blind to, or has chosen to forget, issues related to past difficulties.

Stillness Essence: Releasing Irritation & Developing More Patience

Patience is a virtue we all need to acquire or develop. In this hurrying world we live in we often feel there is no time to do the things we would like to do, and we can feel pressurised by others to pack as much as possible into each day.

In truth, we have forgotten that time does not really exist & that it is man-made, an invention which has enslaved us. Learning to live by the natural rhythms of Mother Earth is one way to help develop a 'timeless nature'.

Impatience leads to an angry or snappy nature, nervous irritability and reduces the flow of life force energy through the energetic structure. Choosing to work with these patterns helps lead us back to a true recognition of the meaning of time. As with most Inner Child patterns, they can become more extreme as we grow older and only then, through the difficulties we create for ourselves, do we start to recognise the cause and work with it.

Recognising when we are impatient is an important step towards changing. Waiting in a queue or traffic jam, or for a friend who is late can make us very wound up and angry; as can watching someone who seems very slow and wanting to take over their work to finish it more quickly. Eating our meals too quickly, driving too fast and wanting everything done now are all signs that we have lost our inherent, natural stillness.

As we become more patient, all levels of our being become more relaxed & our pace of life seems to slow down. Making 'time' to meditate each day helps our mind to stop racing &

more of our spiritual nature to develop. Stillness Essence helps develop more patience with ourselves and those around us.

Benefits

Perfect patience and tolerance. Timeless nature. Gets things done, yet knows when to stop and always seems to have even more free time.

Indications

Impatient. May be easily irritated by the shortcomings of others. Fears there will never be enough 'time'. Inner tension, cannot switch off or slow down. May feel frustrated and suffer from nervous complaints.

Truth Essence: Expressing Oneself Clearly, From the Heart

From the mouths of babes....." A child will often speak pure, unadulterated truth, often at the expense of others feelings, simply because the child is pure, innocent and has nothing to hide. The child has not yet developed ulterior motives, hidden agendas, guile or the ability to lie. If you want to know exactly how things really are, ask a child.

Gradually, however, the child will lose the power of that plain, straight talking as it realizes that it is often not the way to gain peoples approval or love. The world has become used to emotional blackmail, manipulation and lies; it has become a part of life. Political parties get voted into government on the strength of what they profess to do when in power and then conveniently forget because it is no longer advantageous for them. Society's values have become superficial, as we seem to have lost a lot of spiritual values like truth, honour and integrity.

As the child grows up blockages can form around the throat chakra creating potential for more wide spread problems in the energetic patterning associated with this chakra point. This essence will help us to speak our truth, unafraid and coming from an open heart, the place of unconditional Love. In this way the truth is harmful to none, everyone will know exactly how we feel, and we feel honest and in our integrity, our true, child-like self.

Benefits

Has no problem expressing oneself, or communicating one's emotional needs, in the now, in a heart centred way. Becomes more spontaneous, joyful and more of an expression of one's true self.

Indications

Withdrawn nature. Blocked throat chakra – cannot express feelings or emotions clearly. Often self conscious, may blush or stammer easily. May have much suppressed anger. May suffer from throat problems.

Vision Essence: Developing Inner Knowing

Many of us came into this incarnation with the natural spiritual gifts of clairvoyance, clairsentience or clairaudience only to close them through being misunderstood in childhood.

More and more children are now being born with these gifts to help take the world into the new golden age of spiritual truth. Unfortunately, in today's society these children are still labelled strange or disturbed creating great discomfort. All children should be encouraged to talk about their secret friend, who may be a guide helping on the higher dimensions or to learn to trust in the delightful vision of fairies unfurling flower petals in the garden.

This essence helps to gently restore our inner vision and rekindle the memory of our sacred purpose and Divine Mission.

Benefits

More spiritualised inner knowing and intuition. Starts to see or understand the wider spiritual significance behind all creation. Knows one's Divine Purpose. Colours may appear brighter as clairvoyant vision is enhanced.

Indications

Very mental, gets stuck in details. Little vision in life 'short-sighted'. Consciousness needs to expand to see beyond a purely material level.