



INDIGO MINERAL ESSENCES

For the new children and
their parents

What's an essence ?

Essences are a form of vibrational healing. Vibrational healing simply means using the vibration of something to help you heal. We all do this unconsciously.

For example, have you ever noticed yourself drawn to 'good vibrations' when you feel upset, like your favourite dog or your favourite place? These calming vibrations can help us rebalance ourselves and feel centred again. Choosing essences is a similar, more conscious, way of bringing balance back into your life.

How are Indigo essences made?

They are made with crystals and precious stones. The minerals are deprogrammed through a process coined by Ann Callaghan during which they are brought back to their original healing blueprint. In this way they only will give their highest healing potential, free from any negative pattern they could have taken on over time.

After that first process, Ann works in co-creation with her spirit team and the actual essence making begins.

Indigo Essences are then made by placing a rock in water for a period of time, usually 24 hours. Some rocks like to be in the sun and others in the moonlight. Each essence has its own needs. The rock is then taken out of the water and the remaining liquid is preserved with an equal quantity of brandy.

Brandy has been used to preserve essences since the 1930's because it is the most effective substance for this job. If someone is sensitive to alcohol or would rather not use an essence with alcohol in it you can order your essences made up in Sunflower Oil (organic) or in spray form.

Who makes the Indigo essences ?

Ann Callaghan lives on the east coast of Ireland with her husband Komang, surrounded by an assortment of animals and lots of plants, especially sunflowers.

She trained as a homeopath and specialised in the treatment of children in her clinic. She also taught homoeopathy and was a director of the Irish School of Homoeopathy.

In March 1999 she started to make essences which she then used in her practice. She realised that these essences could help with all sorts of behavioural problems including ADD and ADHD. They were completely safe and easy to use and she felt they could really help families to make it through this stressful time.

In late 2000 she decided that it was time to bring the essences to a wider audience and that's when Ben and Mica came to help. They all devised a rescue kit for kids - combination essences that could help children who are bullied, who lack confidence, who are scared, who are sad, who are lonely or who simply don't know what's wrong with them.

Who for? What for?

According to Ann Callaghan our planet is going through a huge transformation. It seems that we are learning to let go of the fears with which we have grown up to finally realise that we are safe, loved and that there is nothing to fear.

She describes the colour indigo as the colour in the night sky the moment before the dawn of a new day.

Release fear – allow love

Slowly our world is changing from one based in fear to one based in love. Sounds like a great idea and it is! Surprisingly it's not always that easy to let go of the old, even if it's uncomfortable. There are lots of rocky moments along the way. The Indigo essences are designed to help you.

The children

Today's children are system busters whose job is to change our old fear based systems. That's why they do not behave like we used to at their age. They don't just sit quiet and do as they are told unless there's a good reason. This is creating quite a few problems for parents and teachers alike.

These children are here to activate the change from fear to love. They are here to show us our fears, to hold the energy for a different way of being and to teach us how to love each other without conditions.

Essences are a great tool when you feel stuck with your darlings. They will help you keep things in perspective and maintain the communication channels open so you can all find a way forward.

Lighten up

Sometimes these changes can feel uncomfortable. The essences will help us stay grounded and centred while we release our old fears. They will also remind us not to be so serious.

Indigo essences in a nut shell

- ☺ They will help the new kids ground their brand new energy into their physical bodies so that they can do the job they came here to do.
- ☺ They will help us adults open our hearts and minds so that we can move through the changes a bit more comfortably.

Ann Callaghan sees the essences as a kind of energetic scaffolding that props up our energy bodies & make it easier for us to do the internal reconstruction.

Currently there are three series of essences and a combination ser. On the following pages you will find some information about the three series that come together in the Combinations for Kids essences.

You can mix essences from the different series together – like they've done with the Combinations for Kids set.

The sets

New Child Series

New Child Series are a collection of 16 mineral essences designed especially to help bring balance to issues relating to early childhood experiences of feeling unsafe, unloved & ungrounded.

These feelings underpin how we experience our daily life and will continue to affect us into adulthood until they are addressed and released.

The new child essences will help us restore balance in our lives which then makes it easier to release these old feelings and patterns of behaviour.

These essences can also be used by children who have picked up patterns of imbalance from their family or peer group. The essences will help the child feel stable and balanced despite what may be going on around them.

'*within*' is written after the main theme of each essence to remind us that our healing comes from 'within' and that we won't always need essences or any other kind of healing to get better - we will all be able to do it ourselves.

'*main feeling*' is to help people identify what it is they would like help with.



Azurite

Healing the heart within

This stone is a deep azure blue, with some yellow and green and looks like a map of the world.

Dissolves blocks caused by fear which have made your heart snap closed and helps you find the courage to heal. Opens the back of the heart to let love in again, giving you a great feeling of comfort and peace. Releases the tears behind the fears that stop you from moving on. Eases rigidity in the emotional body and allows energy to flow again.

Main feelings : **fear / closed heart / energy block**

Calcite

Holding the dream within

The stone is clear and looks like a beautiful big dome with rainbows in it.

It helps children to believe in their dreams, even when others laugh at them. Calcite helps children learn to trust others so that they can make friends. Calcite helps all of us learn to recognise truth and see through other people's dramas without cynicism, restoring a childlike sense of joy, wonder and innocence.

Main feelings : **broken dreams / lack of trust / fear of friendship**

Charoite

Finding the peace within

This stone is purple with dark grey pathways through it.

Shows you the way through your fears to perfect peace. This gives you a feeling of security which helps to ease dependence on ritual behaviours (e.g. obsessive/compulsive). Changes loneliness to love and warms the heart.

Main feelings : **fear / loneliness / lost**

Chrysocolla-gem-silica

Hearing the child within

This stone is turquoise-blue with beautiful, shimmery, light-blue caves.

This essence makes you feel as if you are being held in a mother's arms -- safe and at peace. It allows you to feel safe enough to say what you really feel, so it can help children who find it hard to express themselves. It soothes the aura and brings a sense of peace to children who are very sensitive to energies and find it hard to settle.

Main feelings : **afraid to speak / unsettled / scared**

Fluorite

Unlocking the genius within

This stone is purply-green with rainbows in it.

This essence helps children who have been damaged by criticism to know that they are perfect just the way they are. It helps dyslexic children, who believe that they are stupid and

can't learn, to relax and allow information in. This essence helps us to see the bigger, global picture and explore the possibility of a new way of being.

Main feelings : **stupid / stuck / tunnel vision**

Hematite

Holding the light within

These stones are such a shiny black that they look white as well.

Helps you to be very "light" yet very strong and grounded. Connects you to the Spirit team who oversee the earth changes and who will help you take in the rising vibrations of the planet without becoming unbalanced. Adjusts reversed polarity. Eases mental stress caused by an overactive mind by drawing the energy down out of the mind and dispersing it throughout the body. Encourages children who are perfectionists, and a bit fanatical, to relax and let go.

Main feelings : **dizzy / stressed / working too hard**

Hiddenite & Kunzite

Feeling the joy within

Very pale green, looks like a little space ship & beautiful rosy pink

The little hiddenite stone has been very damaged but it's essence is joy. Together with it's sister Kunzite the message is that no matter how bad things have been, it is possible to feel joy again. The rosy pink of the Kunzite helps space cadets feel safe enough to come back into their physical bodies. This essence helps to keep the energy body balanced in the presence of geopathic stress, making it easier for very sensitive beings to stay in their bodies. The colours green and pink both relate to the heart chakra and this essence helps this chakra to stay open. It is particularly useful for teenagers embarking on their first relationships.

Main feelings : **sad / heavy / depressed / space cadet**

Isis

Finding the balance within

clear crystal point with a 5 sided face

Lifts the weight off your heart, gives you a feeling of indestructible strength and determination. Balances the left and right sides of the being. Brings in all the colours of the rainbow and helps to balance your chakras. Triggers the body's self-healing mechanism. Helps you to bounce back after sickness and grief. Brings in a new energy, the energy of 'being'.

Main feelings : **sick / tired / unbalanced**

Kyanite

Keeping the focus within

beautiful greyish blue

Helps to focus energy, pull it together and direct it downwards to the earth star under your feet, making you feel centred and grounded. Very useful essence in these challenging times when all the old rules are changing and it is often hard to know what to do. Will help you focus and pull everything together to bring new ideas into being. Will calm the troubled waters of the emotional turmoil we're all going through at the moment and encourage you to move on through it.

Main feelings : **unfocussed / all over the place / lacking yang energy**

Larimar & rose quartz

Connecting with the love within

This essence helps sensitive children brush off the fears and doubts that others try to lay on them. This essence helps you to feel happy with yourself. It helps you love and accept all parts of yourself. It encourages you to be gentle with yourself and know that there is no such thing as "wrong".

Main feelings : **I hate myself / I blame myself / I don't trust myself**

Lepidolite

Letting go within

lovely silvery pale purple in very fine bendy sheets)

When you've been under pressure, helps you to relax, chill out and go with the flow. Transforms the tension of fear and resistance to soft accepting energy. Conducts energy throughout the body so that it doesn't build up in any one place. Supports the free movement of CSF. Encourages abdominal breathing. Makes it easier for the new child to expand her/his energy safely.

Main feelings : **under too much pressure / weight on chest**

Pyrite

Knowing the knowing within

This essence helps you to see clearly and know what is true. It encourages a mature sense of discrimination and awareness so that choices can be made without judgement or blame. It also helps to repel energies that aren't good for you, so it can help children stay in their bodies even in the presence of difficult energies.

Main feelings : **don't know what to believe**

Rubis & Kyanite n° 1

Feeling the love within

Clears out old, inherited patterns to do with the use of male or yang energy. Heals genetic memories of abuse. Promotes and helps integrate a new male energy. Helps you stay focused enough to bring ideas into being in a new way.

Main feelings : **fear of men / fear of being male / imbalance of yang energy**

Rubis & Kyanite n° 2

Feeling the power within

The female counterpart of No 1. Clears out old, inherited patterns to do with the use of female or yin energy. Helps remove tendencies to be passive. Allays fears about being female. Helps to bring your new female and male energies into balance.

Main feelings : **fear of being female / fear of woman / imbalance of yin**

Selenite

Bringing light within

opaque clear to white soft stone

Softens up the physical body so that light can come in. Helps you to stop resisting these changes. Teaches you to allow and trust the process of change. Helps you raise your own vibration and become more aware of your senses. Helps you access your own inner language so that you 'know' the answers to your current questions. Gives us a taste of heaven on earth.

Main feelings : **stiff / stuck / afraid of change**

Sugulite

Feeling safe within

The stone is a lovely purply colour with brown bits in it.

Sugulite helps those who are new to the planet to feel safe, comfortable and "at home" in their physical bodies. It encourages children to sleep soundly, knowing that they are safe and loved. Sugulite acts a bit like an energetic umbrella keeping the heavy energies of the planet off the sensitive little ones. Sugulite helps us when we feel like we don't belong on this planet, when we feel like we've forgotten how to be human and want to go home.

Main feeling : **don't want to be here**

New Energy Series

The New Energy Series is about making the leap into a new way of being. After we've healed the hurts and fears that we took on as children, we can expand and explore who we really are.

The New Energy Series numbers 1-7 were made in 2001 in a place called DragonHold, where Ann now lives. They are very different to any essence she'd ever made before.

When she made the New Child Series, she processed most of what the essence would be about before it came in. In fact, they were very much to do with her own healing.

This lot were different! She consciously had very little to do with them. She got the feeling that something was being brought in ahead of her, something that would help her in her future. She had no idea which rocks were involved in each essence and no idea what the essences were about till some time after they were made.

The 'instructions' if you like, were very simple. A great number of rocks of all kinds were put in a big circle. Then the essence making bowl was placed in the centre of the circle.

She could sense energies moving around the circle, merging and melding to become something that didn't exist before. Hence the name, New Energy. There are three other essences in this series that were made in a more conventional way, Eight, Pop and Diamond Light.



Release the old baggage

essence n°1

An essence to help us stay balanced as we release the old baggage of duality from our beings and start to feel whole again.

Mindlessness

essence n°2

This essence helps us to allow the old patterns of the mind to melt away. Very useful for when you find yourself thinking the same thoughts over and over again.

Acceptance

essence n°3

Helps us to adjust to new information and new ways of being.

Expression

essence n°4

Helps us to say what we really feel, who we really are, from the heart, without ego.

Braveheart

essence n°5

When we question our sanity, when we feel really fed up with all this 'new energy stuff'. Will help you find the heart to go on.

Connection

essence n°6

This essence helps us to strengthen our connections to all around us to increase our sensitivity.

Creativity

essence n°7

This essence will help to stimulate your 'new' creative energy and learn to create in a new way, without effort or stress. Very useful when you want to embark on a new project but can't seem to get it together.

Infinity

essence n°8

This essence was made with a drop of all the essences that had come before it and a green calcite globe. It is about bringing everything we have learnt from past and future together into the now moment.

Pop

This essence was made with the help of a beautiful piece of Labradorite, and is about popping through our illusions of what is real and what isn't. There is a feeling of playfulness and relief about it as it helps us to realise that all this stuff that we worry about isn't really real at all, just a bad dream.

Diamond Light

Made with a solitaire diamond, platinum and gold. Emergence - the dark and light of duality merge together to form a new incorruptible, brilliant, precious light energy. This essence is about the clarity that is available to us after we release all the old sludge.

Chrystal Series

The Chrystal Series is for sensitives, people who feel things intensely and are sometimes overwhelmed by the energy of other people and places.

For adults, the theme of the Chrystal Series is about living in our new world, our own version of heaven on earth. After we've healed the hurt and let go of the deeeeeply embedded patterns of struggle and suffering that we've been carrying for aeons, we are finally free to create a paradise for ourselves. These essences help us deal with our increased sensitivity and also encourage us to make choices for our future, based not on fear but on love.

For children these essences are here to support the very sensitive new children until the world catches up with them. Many of these children have unusual skills and abilities that will in time become the norm. Meanwhile, they can use a bit of support to help them stay grounded and able to interact with the world.

Dragon's blood

Main feeling: no energy

This essence has a scary name which comes from the stone which helped to make it - Cinnabar (colloquial name, Dragon's Blood). Many of us feel truly exhausted from years of therapy and processing. We feel that we haven't any energy left to go about creating this great new world. This essence will help to put the fire back in our belly and get us moving. It acts particularly on the base chakra, helping us to ground and bring new projects into being.

In the lift

Apophyllite and peach stillbite

Main feeling: a bit spacy & ungrounded.

This can help very sensitive little beings who have decided to be born here but get a bit scared at the last minute. This essence also helps very sensitive children to go 'off' to sleep and thus is included in our Sleep Easy combination.

Helpful too for adults who feel they never really 'arrived' here.

Bubble

Apophyllite and peach stillbite

Main feeling: vulnerable to electromagnetic & other stresses

We were asked to make this essence by a baby who was still in his mummy's tummy. He was going for a scan and wanted something to help him feel safe while that was going on. For adults this essence helps very sensitive people to be in places where there are lots of chemical smells and electricity without being too badly affected. As we embody more and more of our spirit, our energy field gets much bigger. This can feel really uncomfortable in confined spaces and crowded rooms, as we feel our aura bumping into other people. Bubble will help us to feel safe with this expanded energy body until we get used to it.

Software

Apophyllite and peach stillbite

Main feeling: you feel overwhelmed by other people's thoughts

This essence is to help babies to keep the level of sensitivity they were born with, without being overcome by the pain and suffering of the human world. For very sensitive adults, I see this essence as a tool to help us to interface with a world that is very different to our own. Software will help us to keep our centre in the middle of other people's chaos.

Smoothie

Elestial selenite and mother of pearl shell

Main feeling: too sensitive to other people's energy and feelings

Again, this essence was 'asked' for by an unborn baby. The feeling here is of a very soft, pliable, almost unbounded being, surrounded and held by mother of pearl. Smoothie will help to shield the new child as he or she learns to deal with the heavy energies of Earth.

Smoothie can help adults who feel wide open to other people's energy and are a bit freaked out by suddenly knowing what everyone is thinking or feeling. It will help us learn to 'tune' our sensitivity so that we can switch it on and off.

I'm in Heaven

Aquamarine, mica and ruby

Main feeling: a bit fed up with life

This essence wants to teach us about how our choices in every moment affect our reality. We can create heaven on earth right here, right now....if we choose to. We have the tools. We've all known that this is possible for a long time but most of us are not making the changes. We are still choosing for our old reality - we are still choosing discomfort and struggle.

Work with I'm in Heaven and this essence will put a spotlight on every choice, whether it be a thought, feeling or action and gently but persistently encourage you to change.

Easy

Clear quartz

Main feeling: life is a struggle

This essence came about after I asked some children to think about what heaven would be like. The answer we got through this essence is 'easy'. Easy like Sunday Morning as the song says. No rush, no hurry, no fuss, no stress, no fear, no schedule. Easy.

As we move into our new potentials and let go of our old stories, it's sometimes hard to know which way to go, which potential to choose, which option to pick. This essence is saying to us 'choose easy. If the option is easy, then it's the one to pick. No more pushing, no more struggle, no more hardship. Choose easy, easy is what heaven would be like.'

Is-ness

White opal

Main feeling: easily pulled away from your centre

The piece of opal which made this essence is luminous green, blue and pink. Looking into the stone I feel part of the universe, the one-ness that we all came from, the is-ness of simply being. This essence helps to remind us what it felt like to be part of the universe, before separation, before we took on the patterning of human existence. We have worn this mantle of suffering incarnation after incarnation. These patterns are deeply ingrained and sometimes difficult to shift. It is time to let go.

Sit with is-ness when you need help shifting the old patterns, when you want to remember who you really are.

Live & let live

Main feeling: stuck in an old conflict

This essence is particularly useful for people who find themselves stuck in an old conflict. Often sensitive people have poor boundaries and find it hard to extract their energy from the energy of another. The unique energies of Iceland, where this essence was made in November 2007, along with the energies of Calcite, help one form clear and constructive boundaries with people you used to be in conflict with.

The land of Iceland itself sits on top of a constructive boundary between two tectonic plates, the Eurasian and North American plates. This means that, rather than erupting, the gap

between the two plates is constantly being filled with new material formed from magma.

Another energy contained in this essence is the energy of peace & the desire to make peace, which comes from the beautiful peace light lit by Yoko Ono I in Reykjavik in October 2007, just before this essence was made.

And finally, the energies of Calcite itself, a bringer of clarity and confidence in our ability to live our dream.

Bringing these energies of construction, clarity & peace together, Live and Let Live says to us that it's time to let go of the past, let go of the drama and the explosions, time to move on from conflict, time to be constructive, time to live and let live.

Safe

Main feeling: rattled

Safe is made with a stone called Barites (barium sulfate) which is clear like quartz but very much heavier. Among other things, Barites is used in mining to protect the drill bit by drawing soil particles away from the drill. The drill bit penetrates new ground, which reminds us of the journey many of us are on at the moment.

For adults, this essence, Safe, is for times when we wish we'd never started on this journey of self-discovery, times when we feel very scared and unsure because there is no recognisable territory ahead. Safe wants us to know that we are always loved and protected and it is safe to continue on to new territory.

For children, the drill bit also reminds us of the child's journey, like a drill in reverse, a seed pushing up from the earth and growing into uncertain conditions. Safe will help the child to feel shielded and protected. .

Combinations for Kids

First aid kit for feelings

The combination essence names were chosen mostly by Ben and Mica (aged 11 & 10) at the time. They form a rescue kit that will help with the stuff that often happens to kids – like being bullied, feeling lonely, being scared, getting stressed out in school, etc.

The names are self explanatory and children of almost any age can choose the essences they need by themselves.

The combination essences exist also in room sprays and have a touch of essential oil added to them



Champion

When you feel bothered by bullies, just rub some champion on your tummy and the bullies will bolt.

Champion helps the child who is afraid of others and often gets picked on. Champion wants us to know that our real strength comes from inside ourselves and that we can contact that strength by breathing in and pretending that we are already strong. We have no real enemies, love is much more powerful than anything in the universe.

Champion contains the following essences: azurite, calcite, charoite, chrysocolla-gem-silica, fluorite, hematite, kyanite, lepidolite, larimar and rose quartz, pyrite, ruby kyanite 1, New energy series No 2, 3 and 7.

Chill

When you're boiling up inside, chill out with this essence and your anger will subside.

Chill helps the child who feels very, very angry and can't seem to find a way out of it. It's normal to get angry now and again but sometimes you get stuck in anger and this is where Chill can help. Work with Chill and it will help you to talk about what is making you feel angry so that you can come to a resolution.

Chill contains the essences of the following minerals: calcite, chrysocolla-gem-silica, hematite, ruby kyanite 2, selenite and sugulite. It also contains the Combination essence Love and Diamond Light from the New Energy Series.

Confidence

When you're feeling nervous or panicky or when you have a mental block in tests - just rub some confidence on your tummy and you won't feel such a mess.

Confidence helps the child who doesn't believe in him or herself. Confidence wants us to know that we are special and extraordinary beings just the way we are and we don't have to prove that to anyone!

Confidence contains essences of the following minerals : charoite, hematite, kunzite & hiddenite, lepidolite, pyrite, ruby & kyanite 1, sugulite, new energy series diamond light & no 8, combination essence Love.

Happy

Don't go mad 'cause you're feeling sad, with help from happy you won't feel half as bad.

Happy is for children who feel sad a lot and don't know why and also for children who try and lock their sadness in and hide it; perhaps because they are afraid that if they start crying they'll never stop. Happy wants us to know it's OK to cry. The tears will come to an end and then the sun can shine in your heart again.

Happy contains essences from the following minerals: azurite, calcite, hematite, hiddenite & kunzite, ruby kyanite 2, larimar and rose quartz, New energy series no 2, 4, 5 & 8.

Invisible Friend

For when you're feeling lonely or scared and you wish someone was there to give you a big hug and tell you that everything will be all right.

Invisible Friend is for the child who feels lonely and scared. Invisible Friend wants you to know that you are never alone. You are surrounded by beings you don't always see, who love you very much and will always be there to talk to. They know who you are and will do everything they can to help you.

Invisible Friend contains essences from the following minerals: chrysocolla-gem-silica, hematite, isis, kyanite, and ruby & kyanite 2.

Love

When you are so hurt and angry that you can't feel anything, just cold and stony inside, we send this essence of love to repair the damage.

This essence was made by Ben, Mica and Jen (7 years). They made a present of some of the love they feel in their lives to all the children in the world who need it. Love wants to say "Don't give up on love. No matter how hard things have been in your life - don't give up. Love is all around you. Love will find you - but you have to let it in."

Love contains the energy of the following minerals : pink, blue and red calcite and rose quartz, larimar & rose quartz & no 8.

No Fear

For when strange noises are bugging you and frightening you in the night or when you feel wobbly in your tummy with no end in sight.

No fear is for the sensitive and timid child who feels fearful a lot of the time. No fear wants us to know that everyone feels scared sometimes. You are never alone. You will always be loved and looked after by your guardian angels.

No Fear contains essences of the following minerals: azurite, charoite, fluorite, pyrite, larimar and rose quartz, sugulite and no 8 from the New Energy Series.

Plurk

When you're feeling bored or snowed under with homework Plurk will help you lighten up and learn to play and work. Very good for adults as well!

Plurk is for the child who gets stressed about things they have to do and puts way too much pressure on themselves to succeed. Plurk wants you to know that life is fun. Don't take things toooooo seriously and don't believe anyone who tries to tell you otherwise.

Plurk contains essences from the following minerals: calcite, chrysocolla-gem-silica, lepidolite, pyrite, ruby kyanite 2, Other combination essence Love and no's 1, 3, 4, 5 & 6 from the New Energy Series.

Settle

When you feel rattley & shaky and can't settle down, this essence will help you and won't make you feel down.

Settle is for the child who feels terribly uncomfortable in their physical body and can't focus their attention on anything for very long. Settle wants you to relax, breathe in and know that it is safe to just 'be'.

Settle contains essences from the following minerals: calcite, hematite, isis, kyanite, hiddenite kunzite, pyrite and diamond light from the New Energy Series

Shine

Don't be afraid to show us who you are, shine brightly, you really are a star.

Shine is for the child who has learnt to act cold, cynical and unfeeling so that they'll be accepted by their peer group. Shine wants you to know that it is safe to be who you really are. Shine also wants you to know that by being yourself you will really help other kids to be themselves too.

Shine contains essences from the following minerals : charoite, chrysocolla-gem-silica, hematite, isis, hiddenite & kunzite, larimar & rose quartz, ruby & kyanite 1, ruby & kyanite 2, sugulite and from the New energy series : diamond light and no's 2,3 & 5

Sleep Easy

For when you're scared to close your eyes in case you see a NASTY surprise.

Sleep Easy helps the child who feels very spooked at night, often these children are very sensitive to energies and find it hard to relax enough to go to sleep.

Sleep Easy contains essences from the following minerals : chrysocolla-gem-silica, fluorite, hematite, isis, kyanite, and sugulite, combination essence: love, no's 1, 2, 4, 6 & 8 from the New Energy Series and In the Lift from the Crystal series.

The Works

When you don't know what's wrong, the works will help you to feel strong.

This essence will help you to remember the point of it all, it will help you carry on with your life.

The works is for the child who feels lost, who keeps saying "what am I doing here, I want to go home". The works wants you to know that you are much loved and all the help you need is waiting for you - you just have to ask.

The works can be used in an emergency, like a rescue remedy, it will help to balance and stabilise the energy body and will show you which essences are needed next. The works can be particularly useful for the older teenager who feels like flipping out and even doing damage to him/her self or others.

The Works contains essences from the following minerals: azurite, calcite, charoite, chrysocolla-gem-silica, fluorite, hematite, isis, kyanite, hiddenite kunzite, lepidolite, pyrite, selenite, sugulite and no 8 from the New Energy Series.

How and when to use essences

When to use an essence ?

For adults - use essences when you find yourself stuck in a pattern of thinking or behaviour that you don't like. For example, when you often find yourself getting angry, fearful or stressed, an essence can help you center yourself and move on.

Parents often find essences very useful when there is some change or crisis in the household ex. separation, divorce, bereavement, starting school or change of school, moving house or new baby etc.

How to choose essences ?

Essences are best chosen intuitively. Look over the names and photos and go for the ones that jump out at you. Children do this very well whereas adults sometimes need to ask someone to choose for them.

How many essences can I take ?

It depends on what's going on. If you are going through a particularly hard time, it may be necessary to take a few essences at the same time to help you stay balanced.

How to use the essences ?

Essences are usually sold in a concentrated form which is preserved in a dilute solution of water and brandy so make sure that if you, or any one who is going to take the essences, have a problem with alcohol they should only use the essences in a spray form or have them made up in organic sunflower oil.

Here are some examples of what you can do with them:

You can either:

- put one or more drops of each essence in a glass of water or a drink and sip as often as you feel like it.
- put a few drops of your chosen essence(s) in a plain cream and rub on your body
- put a few drops in a plant mister or atomiser and spray around you and your room.
- just hold the bottle for a while until you feel better or sleep with the bottle under your pillow.

You'll probably need different numbers of drops of each essence - so..... pick up the first bottle and put the first number that comes into your head into the mix (e.g. you pick up a bottle, and 5 comes into your head - use 5 drops of that particular essence.) If you get outrageous numbers like hundreds and thousands - just have a word with yourself and say that you'd like the numbers to be up to 10.

How to use essences to balance the whole house ?

Here is a practical example of how you can use essences at home.

Let's suppose that your family is having a ' moment '. Your designated belief-systems-buster has blown everyone's fuses. The house is so tense that glasses are breaking spontaneously, the dog has moved out and you feel like following.

Whoa - stop right there. Breathe. Take a step back from the situation. Realise what is happening. Know that you can change things for the better.

There are several things you can do right now.

Remember - all members of your family are in this energetic mish mash together - this helps to remove the need to blame someone for the way you are feeling.

Open your box of essences.

Choose some for yourself using your intuition, not your head. Put some drops in a glass of water and take frequent sips till you feel yourself becoming calmer.

Now that you are calmer ask the children in the house to come and help you. They love to be involved in their own healing process and often provide extraordinary insight into what is going on and why.

Give everyone a chance to say a few words about how they are feeling - no blame.

Now say that you are all going to find a selection of essences that will help to balance and stabilise the energy around all of you, including the dog and the goldfish.

Let the children choose first - you will be amazed by their choices. Often the children will pick essences that are a perfect match for the state the adults are in.

Choose drops of each essence selected and either put them in a plant mister and spray around the whole house or put the drops in bowls of water dotted around the house or both if you like.

As the essences work to bring the energies of your family and house into balance, you can let go of the things that were bothering you more easily. Energetically, you feel supported and centred. You can be in the now moment, a place where fear hardly ever exists.

When the essences have done their job be sure to empty the bowls of water because they will have collected a lot of the negative energy that was around.

Remind yourself next time to do the process before the tension builds up explosive levels.

To buy essences in Switzerland just go to
www.apprendrecestgenial.ch/shop

Or contact Karin at: karin@thefreechild.com or 0041 79 634 07 01