

AESC 'SIMPLES' and their Uses

as channelled by Jan Thomas



SIMPLE	ASSOCIATED COLOUR	USES
AURIS	Orange	<i>Use whenever there is imbalance around “change”, e.g. when there is an inability to change, or there is never-ending change. For instability. Gives stability and decisiveness, and the ability to make long-term goals. Promotes positive change, and the ability to gain enough focussed energy to take the first step. Those who are stressed from inaction (e.g. can't find what it is they're supposed to do), missed opportunities. Use when there are problems with the knees, arms or shoulders, and/or responsibility issues. Promotes change from within to meet the needs of the world and your path in it.</i>
CENTAURY GAN	Blue	<i>Support in the search for 'Further Truth'. Cuts through falsehood. Eases the physical and/or emotional pain of searching for the Truth. Eases the distortions of the Feeling Centre (core feelings) which arise when we are out of alignment with the Gaian world or nature. Benefits on the physical levels include - helping to reduce fevers, stimulating appetite, easing indigestion and dyspepsia, and working against worm infestations, inflammation and high blood pressure. Benefits on the deeper etheric levels include - opening the Feeling Centre to the true feelings of the Gaian world; opening creativity for those working with natural materials; opening our Feeling Centre to enhance working with plants and opens our ears to their messages. Use to help change our perspective on the nature kingdom; to give strength to those working with nature; and to give insight into the path ahead. This essence is also a strong protector and its energy can be woven around something you want to protect. To use - place one drop into the Feeling Centre (solar plexus area) as needed, or place one drop onto the object you wish to protect.</i>
DIGNIS	Red	<i>For low energy; for inactivity. For those who find it difficult to get ahead. For those who have been wounded by words. For low self-esteem, mental pain, and for those feeling fragmented. For damage caused by the abuse of the power of words (e.g. authority). Gives the impetus to move forward in a positive manner, as we must do to gain wisdom. Use whenever anything needs to be “moved along”. Can be used to speed up healing energies and / or effects, and it gains in strength as it goes. Gives back dignity. Also applies to situations.</i>
FENORA	Yellow	<i>For combating fear. Acts quickly to balance fears that lie within, especially the paralysing fear that stops you from moving or sometimes even breathing; fear that affects the very core of the person. For deep inner fear on any level. Gives the courage to achieve. Use when you need strength to get out of a fearful situation, or when you have let fear immobilize you. For those who are 'locked in the past'. Adds strength to help deal with negativity when “Clearing”. For those who stand firmly in their Truth, even when that is different to commonly accepted beliefs. Opens the person to allow them to look beyond their previous knowledge to see Further Truth. To use - place one drop into the Feeling Centre (solar plexus area) or on the lumbo-sacral area (low back).</i>

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FLORA	Green	<i>For those who are working with Gaian Lore to aid the planet and its flora and fauna. For those whose feelings are deeply wounded by Gaia's wounds, e.g. pollution, environmental destruction, animal cruelty, etc. Eases deep hurt, frustration, jealousy, so that the person can get on with their Gaian 'work'. Use to repair damage from feeling unloved or unwanted in the past. For those who carry deep "feeling" wounds and may never have expressed them. Brings strong, steady, slow, definite growth and movement to a situation or to a "feeling" problem. For patience. For accepting the cycle of life and all its changes. To use - One drop in the Feeling Centre as needed.</i>
HONEY	N/A	<i>Down through the ages honey has been known not only for it's taste, but also for it's wonderful healing properties. This Honey essence holds within it very strong "sound" and "colour" energies, and is one of the greatest collections of sound, scent, form, and other healing energies to be found in nature. Benefits of this essence include: Anti-inflammatory energy; can help to prevent infection setting in; helps to clear ear infections, blockages behind the ears, and balance problems when placed in the "Hearing Point" of the Top Diamond. If used daily and vibrated into the etheric pattern (as taught in Chiron Healing® seminars) will help to keep a person calm. To use - One drop placed into the Feeling Centre (solar plexus area) morning and night for 1 - 7 days is usually sufficient, but may be used more often or for a longer period of time if necessary.</i>
ILLUST	Violet	<i>Gives light in dark places. When feeling isolated and misunderstood, feeling alone when striving to achieve an aim which is often different from those around you. For those whose path in life is to work with purpose to achieve an aim; those who know they have a job to do and need to complete their task, no matter at what personal cost. For those who are easily hurt, and those who take too much to heart. Helps balance an energy drop due to a feeling of failure to achieve, or failure to try. For low back and sacrum problems, often caused by continuing with a task, even in the face of deep hurt. Can be used to "push" a task to purpose. Gives the ability to follow your Life Path by allowing access to talents, so they can be used for good purpose. Gives strength and the ability to get on with the task, even when things do not go to plan. To use - one drop in the Feeling Centre once or twice daily.</i>
LUNA SIGNIS	Black	<i>For definition. Contrary to popular belief, black is not always "negative". It defines the energies within, and brings focus to those things that are of core importance. It is part of the "Whole" and is the 'Simple' of Balance. Use when there is an inability to decipher which talent or ability to use, especially in multi-talented people. This Simple defines the talents that one has and gives the confidence to use each of them appropriately.</i>
MARSH MALLOW	Blue part of green	<i>To help you to DO. Spurs you into action, and gives you the energy to do so - if you believe you can, Marsh Mallow gives you the energy to do it. Uses a slower energy to help us come to purpose. Even though you know you can DO, it still takes time. Use whenever you need the impetus and the belief to DO. Focuses confidence so that you KNOW that you can. Points you in the right direction when you are looking for something but don't know where to find it. To use - place one drop into the Feeling Centre once or twice a day.</i>

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MARSH MARIGOLD	Blue part of green	<i>Used to access and increase your strength. Can be used to increase strength to journey out into the ethers (especially through the doorway between the two worlds) to find and gain knowledge. Helps to gather and hold the energy needed to travel in this way. Use on the Doorway Point (just left of centre on the upper brow) to help children with nightmares. It is also used to give the strength to achieve, especially children. Very useful for all of the feeling and emotional problems children may have. To use - place one drop into the Feeling Centre once or twice a day.</i>
MYST	Indigo	<i>Wherever someone is not being believed or accepted; their intuition is challenged and they have trouble discerning what is correct. For intuitive blockages. For those who feel they are dis-regarded or un-noticed, or receive no thanks for their efforts. For Psychic attack. For those who have been damaged from drug-induced psychic travelling. Opens deeper skills and abilities from the past to aid mankind, often resulting in humanitarian service. Use for going through distortions to see the Truth behind; for seeing Truth in far places; for added strength in situations that are just and fair, to bring them to acceptance; for giving a person a glimpse of the damage they are doing to themselves through drug use; for giving a person back their sense of pride; for opening your own channels for greater "insight"; for enabling you to hold a greater energy in your pattern when dealing with children or intense Sensitives.</i>
WHITE ROSE	White	<i>Encompasses all of the energies that are enveloped in White. Gives the energy to open the doorway to the higher levels. Used for those pulled apart in too many ways; those who have loved too greatly; those who have lost too much. Provides succour; helps put an end to the aloneness, the sorrow. Illust essence lights the path; the White Rose essence is the Path.</i>

**N.B. ANCIENT MOSS ESSENCE (below) is not included in the Set of AESC Simples, but is now part of the AEOLIAN Essence Set. It has been included here for your information, and may be purchased separately as required.*

*ANCIENT MOSS ESSENCE	Moss Green	<i>Use anywhere you need to 'draw' things out, e.g. around a wound site to "draw out" impurities and toxins. Use for congestion and blockages, and when performing etheric "surgery". Use in the Feeling Centre to "draw out" blocked / bound emotions and feelings. Aids the healing process, whether physical or emotional. Use with "Ancient Sulphur" in Chiron Healing® techniques for infection; excellent when used with Level Five Essence. One drop twice daily will help speed up repair work in the pattern, especially when working with drug and addiction problems.</i>
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*Essences may be purchased individually in 10ml and 25ml bottles or as a set of 12 essences from:
Chariclo Pty, 1002 Lydiard Street North, Ballarat. Victoria. Australia. 3350.
Ph / Fax: + 61 + 3 + 5333 1484 E-mail: info@chariclo.com Web: www.chariclo.com*

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