

ESSENCE	USED FOR
A'EARNE	Essence of Water Mystics. Heightens potency of 'feeling' essences. Post childbirth. Fluid retention. Voice hidden problems. Those who love where Water and Earth meet, waterfalls. Overindulgence in physical things.
A'ELGATA	Knowledge of the Moors. Respect of people and their property. Expands benefits of herbs and any other natural thing. Flamboyance without arrogance.
AERYS	For the 'traveller' into far places. Adults - ability to travel and learn through feelings, not words. Opens up to reality of ancient energies. Children - builds abilities that were once theirs to do what they need to do in life; gives strength to seers of new generations to do their tasks.
AESCE	Helps to restore faith, replenishes over-used etheric energy, especially in the 'restricted' or 'out-of-body' workers. The essence to help BEING, as compared to 'seeing' or 'travelling'. Helps to ground those who have 'travelled' out too far.
ANCIENT ANGELSWORD	Guards intuitive pattern. Adults use half-strength, children can use full strength. Mystics – develops full potential; Warriors – cleanses & seals. On Third Eye – eases nightmares.
ANGELSWORD	Removing energy drains. Cuts off energy drains, seals removed fibres. On Third Eye – for mental situations.
AOTEAN	New Zealand essence. Joining essence. People to place, homeland. Strengthens family bonds. Brings one back to purpose. Rocks, stones – joins back to energies of origin. Joins people back to their ancient element.
ATLANTIS	Meditation. Calms fears. Aids 'feeling' problems. Assists creativity. For indecisiveness, procrastination, mental travelling. The essence of loving, to achieve an aim. On Third Eye – induces 'sight'.
CHALYBEATE	From the Lady's Spring. Finding self, no matter where in time. Menstrual cycle problems. Hot flushes, PMT. Shyness. Preparation for birth. Gentle strength.
CHARYS	For the seeker within. Adults - opens up to knowledge of own Truth. Children - strengthens abilities within to find, access and re-awaken inborn gifts; strengthens their hold on their physical pattern; aids inner sight; helps to shut down when necessary.



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CHIRONESSENCE	Clears negative energy. Replenishes, revitalises energy pattern. Builds confidence, tolerance. Aids decision making, innate alertness, perseverance, some levels of tiredness. On Third Eye – increases mental strength.
CHLEVAT	The Binder. The Fifth Element of the ancient world. Binds two energies together to purpose; enables action; gives focussed direction in intuitive work; for those working to repair Gaia's pattern; gives energy to hydroponic growth; gives greater benefit to all things herbal; gives strength to all work with the sacrum, sacro-iliac and T.M.J.
COOMBI	Essence of Man. Makes men 'whole' again. Restores faith. Removes pain. Gives back Truth, gives back Self.
DEVRA	Devaic Wisdom. Helps cut through dominion of mind to access knowledge underneath. The natural essence for the Shaman child; gives sense of timelessness and patience; gives children back their knowledge of how to use inner talents; the knowledge of ALL trees. The Essence for the HOW.
DIARRHOD	The Cleanser. Used to clear away influences that can drain energy from the body. Adults - helps to sort truth from untruth; brings into focus inner truth. Cleanses away the old before embarking on the new. Children - for journeying out of themselves especially through the night; cleanses the 'inside'.
DIROGENIA	The Children's Essence. Binder or carrier essence. Cuts through situational fibres. Children – use in situations out of their control. Adults – use with simple faith to make changes when things are too hard. Heightens strength in other essences, so use carefully – 1 drop at a time.
DIS-MYST (50ml) (not included in sets)	Spray essence. Removes residue from all negative situations. Use after burning and clearing. Residue from U.V. rays, X-rays, man-made rays and emissions. Angry situations, loud noises, strong smells, sorrow, electrical blow-outs. Good spray for rooms in the home, workplace, schoolrooms, etc.
DREAMING (not included in sets)	Used to obtain guidance from dreams. Helps bring dreams into conscious memory banks so they are readily accessible. For clarity of dreams; helps sort out true dreams from those only wished for; gives greater access to the 'Doorway of Dreams'. N.B. NEVER use this essence without clearing and protection at the time of use. Use ONE drop on 3rd eye before sleep.
EMRRHOD	The Builder. Most practical of all Children's essences. Use to bring a sensitive down to Earth; gives warrior children assurance and confidence of their place in this world; helps the sensitive; grounds the mystic; helps projects come together. Used in the home it protects from outside influences.
GAIAN	Essence of Mother Gaia. Earth children. Animals, animal healing. Protects workers of the elements. The Rescuer's essence. Natural creation, abundance. Children troubled at night. Has strong affinity with colour.



ESSENCE	USED FOR
GODNX	Warrior's Essence. Essence of the emotions, and back diamond. Temper and tantrums. To help tolerate authority, bring about understanding and acceptance, to tame wildness, to separate mind from pain. Helps meet aggressive energy.
HERNE	Essence of the Ancient Oak Groves. Gives the newborn child ancient awareness; binds the energies of two people together especially if they have tasks to do; gives strength for the tasks of the Crone; protects Intuits; eases the mind and enables focus; heightens adult awareness; excellent with specifics of Chiron Healing; gives gentle wellbeing and knowing that all is well in the world.
HONORA	Honour and sacrifice. Pride. Torn within self. Illegitimacy. Mixed faith marriages, partnerships. Adoptees. Regrets. Sixth triangle. Honour in situations and honour of others. In a Spirit House – honour and thanks to those who have passed.
НОРЕ	Essence of the heart. Helps reach inside to give healing, easing, unrestricted love. Eases circumstances, mental problems, supports life. Eases fear of 'initiation', a broken heart, prejudice and unmeant hurt. Aids passing. On Third Eye – forgiveness.
ISIS	Essence of the Unknown. Unnatural forces. Add to clearing and protection method. Electrical and radiation disruptions, electric and emotional shock, sparks, nausea. On Third Eye – mental fatigue and mental intrusion.
LEMURIA	Essence of mind. Concentration, communication, stress and headaches. Eases the downtrodden, and feelings of worthlessness, uselessness. Gives direction. For nervous rashes, tics, itches, eyes, ears, throat. Etheric drains. On Third Eye – controls power games and mental control.
LEVEL 5	Wound healer. Three levels of woundings. Old wounds. Scars. Adhesions. For "Why me?" attitude. Broken etheric lines. Skin damage, lacerated nerves throughout pattern. On Third Eye – mental wounds.
LYONESSE	Revelation. Things from the past, what lies under the surface, hidden matters. For past incarnations, bound energies, male sexual frustration, fussiness, narrow vision and ego problems. Nightmares. Extremities. Use with affirmations. On Third Eye – to absorb knowledge and facts.
MAIA	Essence of beauty - whether outside or within; reaches inside to show what beauty is; creates a blossoming effect in the one who uses it; eases skin blemishes; gives liveliness to the pattern and an inner glow; eases shyness; adds luminosity to beauty products; helps access and strengthen creative gifts. 'Unravels the thorns so that the rose can bloom'.
MANTREYA	For a single purpose. For those who have come to do one thing. Life purpose. Gives knowledge, hope, purpose, understanding. For quiet confidence. For drug addicts, alcoholics, the hopeless and despairing.
MITHRAIC	Peace Essence. Heals splits – etheric pattern, relationships, family, houses, loyalties, wars. Eases pain of any separation. Retardation and deformity, burns and scarring. Astringent. Harnesses wayward energy. Phantom pregnancy. Ulcers, stomach and reproductive areas. On Third Eye – Mental ease and peace.



ESSENCE	USED FOR
ОТЕКА	Essence of Freedom. Confined within offices, prisons, walls, rules, families, religions, deformities. For lone travellers, retirees. Stepping out of comfort zone. Sports people. Physical activity. Stiffening joints. Bunions.
RACATAN	Regulates flow within the etheric pattern; for children who are burning out their energy while learning to use their skills; aligns with Gaian energy flow including minerals; repairs breaks and increases flow along fine lines of energy; repairs damage after pyschic attack; gets energy flowing after there has been drug or alcohol abuse and helps repair liver damage; for chronic fatigue.
RAGNELL	Female creativity. Inner strength to achieve an aim. Strength to work in embarrassing or unpleasant situations. Gives the strength to die, but also the strength to live.
SOVEREIGN	Childrens' energy restorer; when a child's sensitivity is challenged by man-made things: toxic fumes, energy from plastics, rays from computers and electronic games, X-rays, microwaves, sound waves, chemicals. Helps reduce fever in both old and young; cloth compresses to help reduce fever. Children - 1 drop in Feeling Centre. Adults - two drops.
TRANSESSENCE (not included in sets)	For 'Transferences' on all levels; for transformations. Keeps the body stable while new energy is coming in. Helps stabilise unfinished business or situations until responsibilities are accepted. Keeps the body and etheric pattern in harmony. Calms a changing pattern. Used for transferences; those placed in healing 'cocoons'; those putting energy out to someone they've lost. N.B. Use ONE drop in the Central Point (solar plexus) 3 times a day. Use at different times to other essences.
UR	Prosperity. Humanitarianism. Singular purpose. Confidence to help others. Students – use for achievement, success. Brings things back into memory. Shows people in true colours. Lost physical power. On Third Eye – for physical sight. N.B. Not to be used for personal financial gain.
WAEF	When All Else Fails. Use for all emergencies, all situations out of control. Fears. Over-expenditure of energy. Damaged patterns. Hysteria.
WISTRA	Elemental Energy - Used to repair damage to the auric pattern from elemental forces of Gaia; to ease damage that comes from Mother Nature (fires, floods, etc.); eases burns, broken limbs from falls to the Earth, breathing of those fallen into water, fear of heights; any damage that is wrought by the elements.

DISCLAIMER: These summary sheets are for general information only, and should not be regarded as medical advice. The authors make no claim to cure any illness or disease, nor do they diagnose or prescribe medical advice. People who decide to use this information do so entirely at their own risk. The authors encourage seeking the advice of a registered health care professional when in need of advice, diagnosis and/or treatment for any health issue.

Essences may be purchased in single 10ml or 25ml bottles or in sets of 12 essences (see below). To enable you to learn more about the essences and how to use them, seminars are conducted regularly in major centres in Australia and in overseas countries by arrangement. For further information, please contact:

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<u>Set 1</u> – Ancient Angelsword, Angelsword, Atlantis, Chironessence, Dirogenia, Godnx, Hope, Isis, Lemuria, Level 5, Lyonesse, Mithraic. Set 2 – A'Earne, A'Elgata, Aotean, Chalybeate, Coombi, Gaian, Honora, Mantreya, Oteka, Ragnell, Ur, WAEF. <u>Set 3</u> – Aerys, Aesce, Charys, Chlevat, Diarrhod, Devra, Emrrhod, Herne, Maia, Racatan, Sovereign, Wistra.

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